



Fluid Overload

When kidneys aren't working, fluid (water and salt) builds up

- Fluid is anything that is liquid or melts at room temperature

Patients with low fluid gains between treatments:

- Have better heart health
- Breathe more easily
- Feel less tired
- Have less hospitalizations
- Live longer

To manage fluids, two things have to occur—

- Remove water and salt with dialysis
- Limit water and salt intake between dialysis treatments

Dialysis removes fluid

- Leaving extra fluid raises your risk of serious problems
- Removing too much fluid or removing fluid too fast is not safe
- You may need extra or longer treatments to remove excess fluid safely

What can you do?

- Attend all your dialysis treatments and stay for the full treatment time
- Know your target weight set by your doctor (your weight without extra fluid)
- Your weight after treatment should be the same as your target weight
- Limit your fluid intake—a safe amount of liquid to take in is the amount of urine you make in a day, plus 3 cups
- Cut down on salty foods—salt makes you thirsty; ask your dietitian for help
- If you are diabetic—ask your doctor about blood sugar and thirst
- Talk with your doctor about longer or more frequent treatments