

## Less is more

When kidneys aren't working, water (fluid) and salt (sodium) build up.

**Dialysis and your diet can lower the water and salt.**

### People with low fluid gains between treatments:

- Have better heart health 
- Breathe more easily 
- Have less hospital stays 
- Have more energy 
- Live longer 

### What counts as fluid?

- Anything that is liquid or melts at room temperature counts as a fluid
- Limit to 3 cups + urine output daily



### You can help with fluid gains!



- Attend all of your dialysis treatments—dialysis removes fluid
- Limit fluid intake to 3 cups plus the amount of urine you make each day
- Limit salt to less than 2000 mg daily
- Keep diabetes in control—high blood sugar can increase thirst
- Get to your target weight (your weight without extra fluid)—
  - Taking too much fluid can cause problems like cramping
  - Taking fluid off too fast can be unsafe
  - You may need more dialysis to take off extra fluid