

## 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:





• Breathe more easily



Have less hospital stays



Have more energy



Live longer



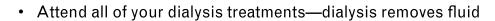
## What counts as fluid?

- 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!







• 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

