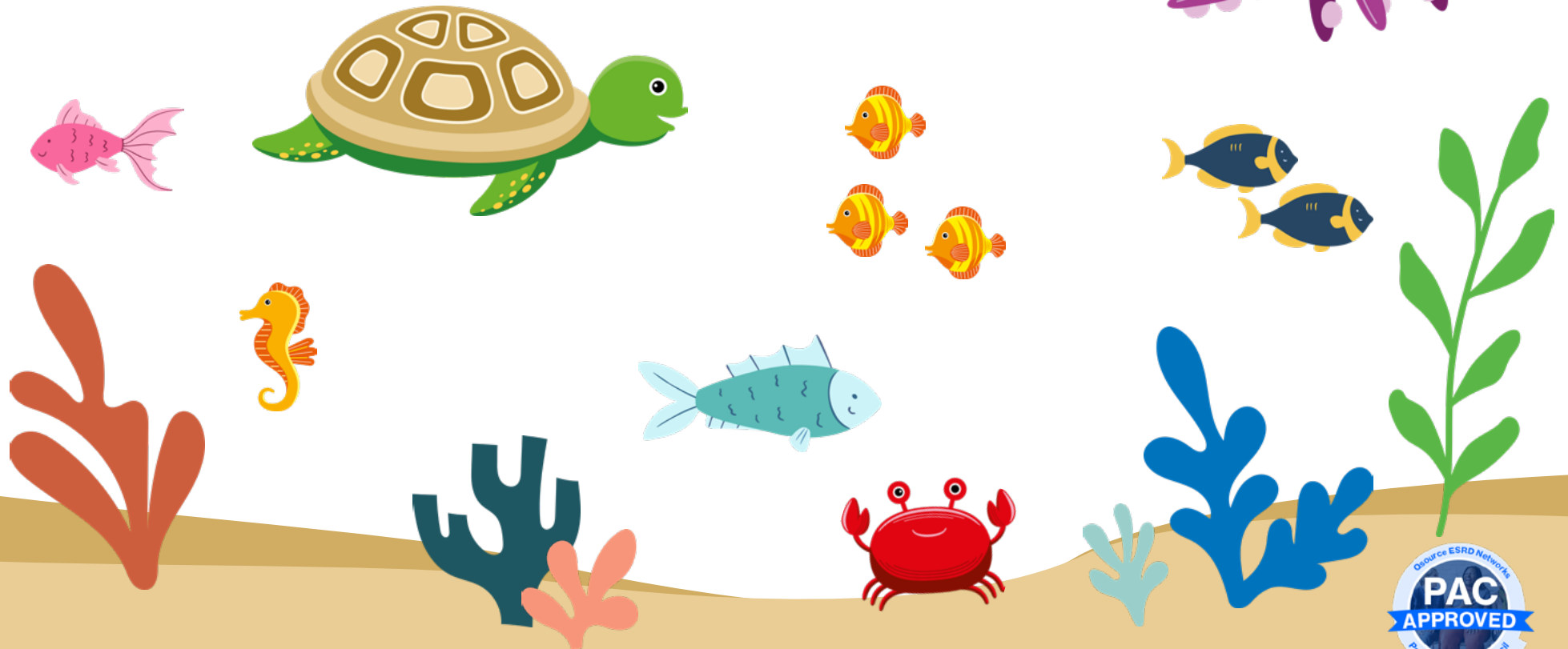
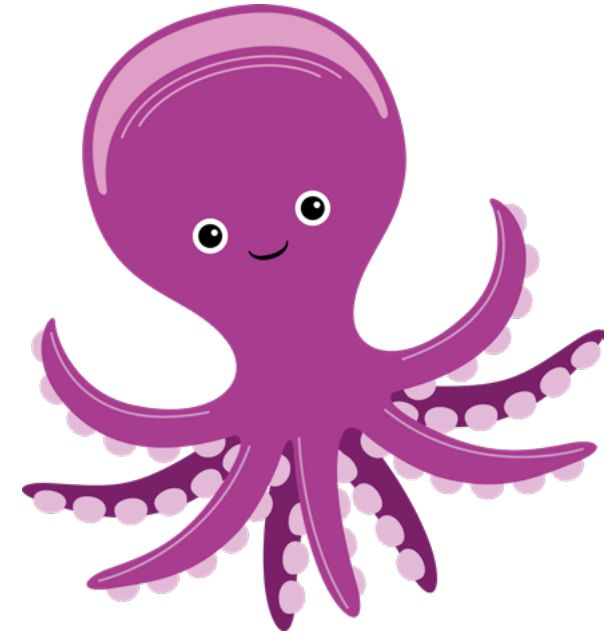


Bulletin Board Kit

Don't Sink Into Fluid Overload!

How to use your Bulletin Board Kit

1. Review the information included in this kit.
2. Print these pages and cut out the shapes.
3. Use the blank bubbles to write down your own tips for preventing fluid overload.
4. Use construction or craft paper to create the ocean floor and water.
5. Ask one or more patients to help you create your bulletin board.
6. Put your bulletin board up in an area where everyone can see it.
7. Take a picture and send it to the Network at: Qsource-Peers@qsource.org.



Cut out the title below or use poster letters to create the title on your bulletin board.

**Don't
Sink Into**

Fluid

Overload!

**Complete Every
Dialysis Session
Fully**

**Self
Monitor
For Symptoms
of Excess Fluid**

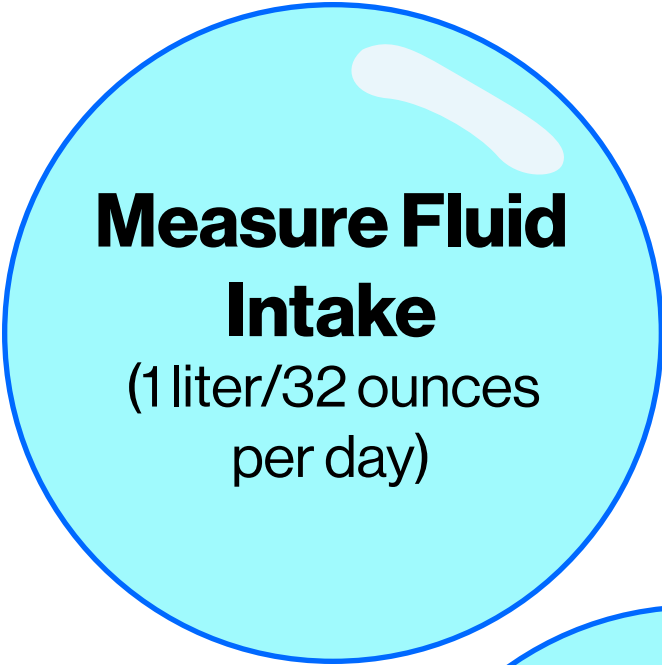
(swelling, shortness of
breath, high blood
pressure)

**Do Not Skip
Dialysis
Sessions –
RESCHEDULE**

**Eat A Low
Sodium Diet**

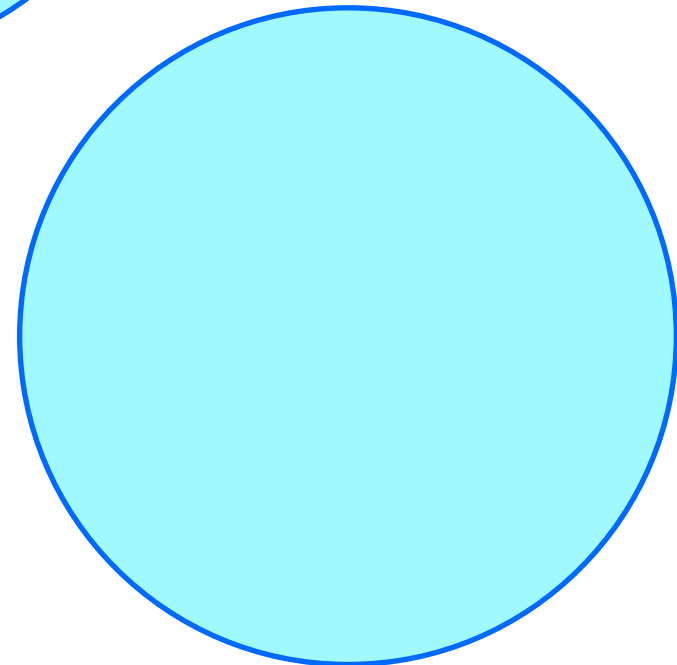
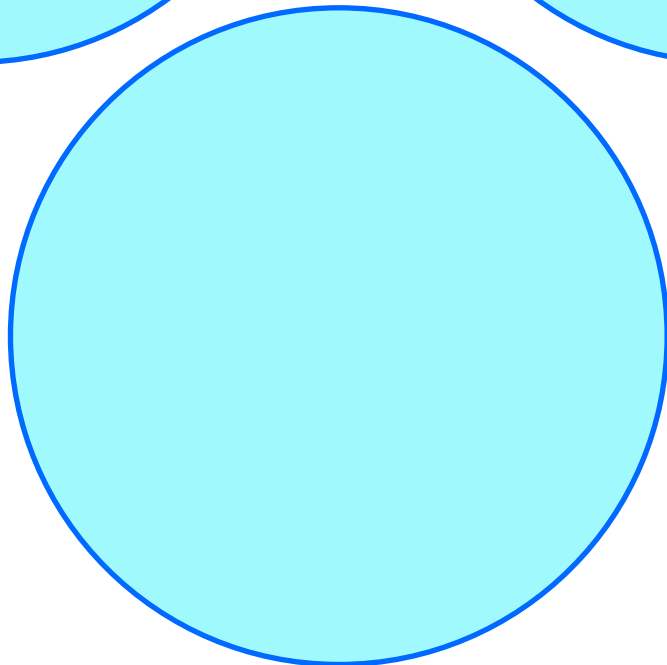
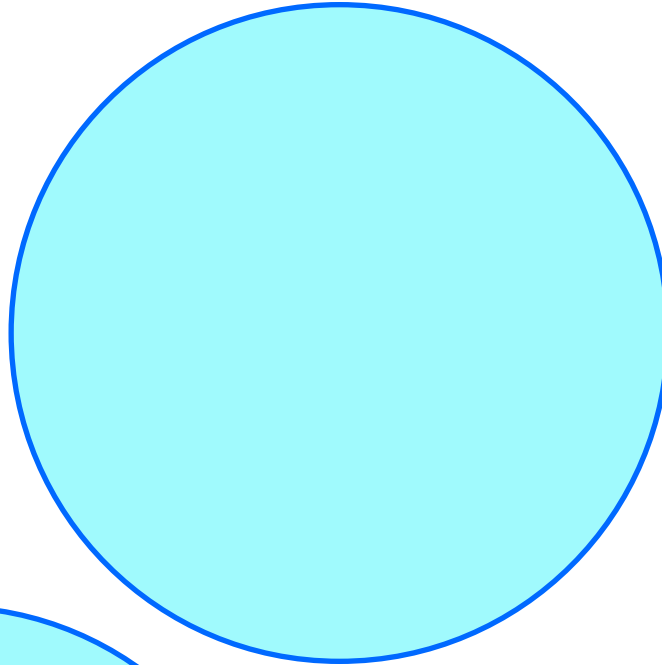
**Work With
Dialysis Team to
Ensure Dry Weight
is Accurate**

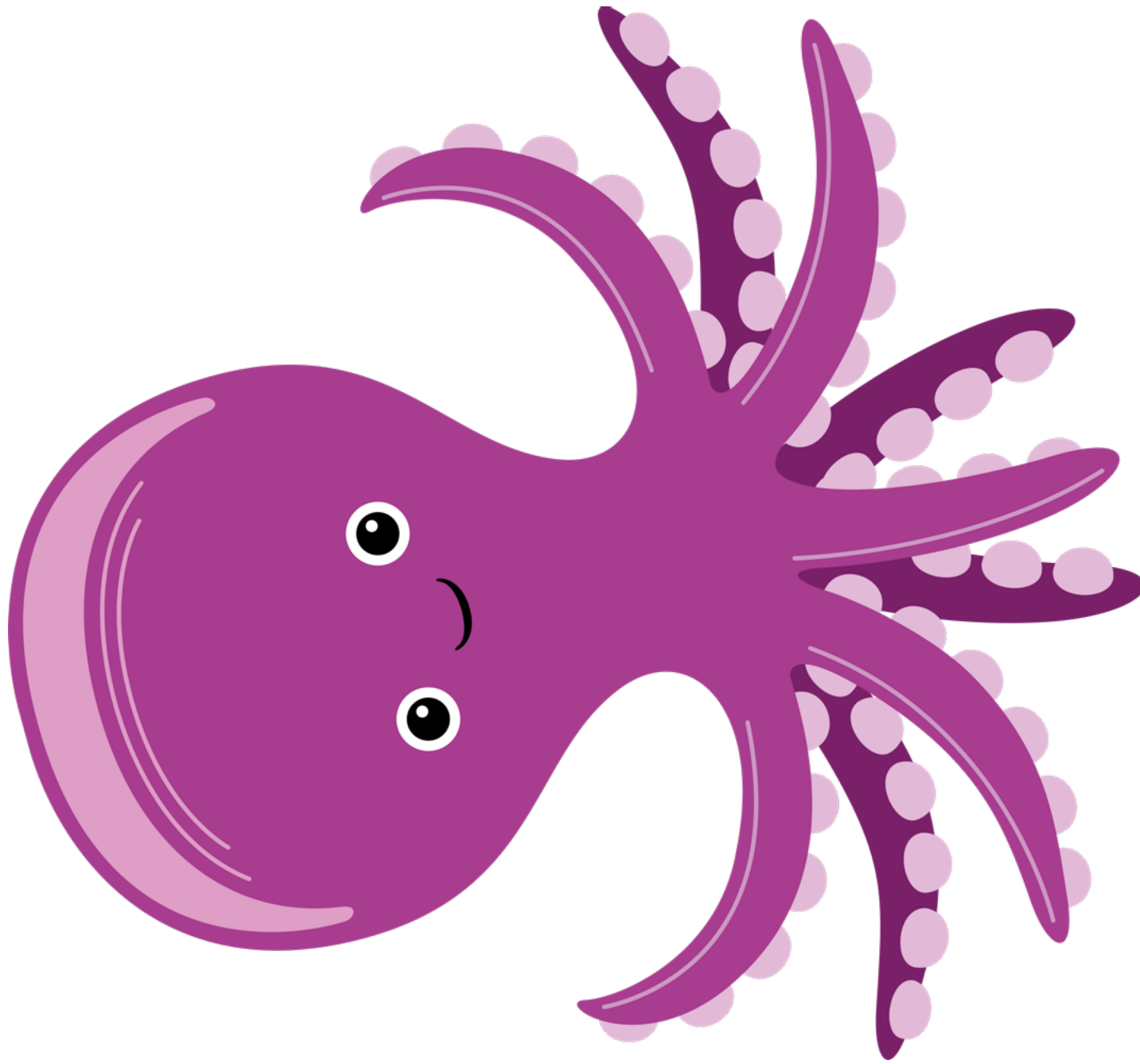
**Be Aware
of All Fluids**
(ice, soups, popsicles)

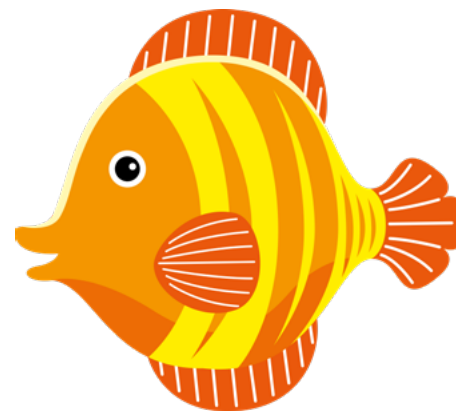
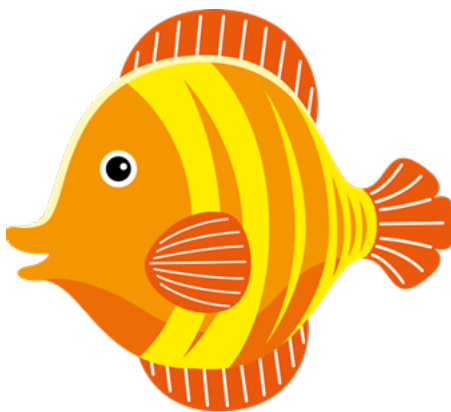
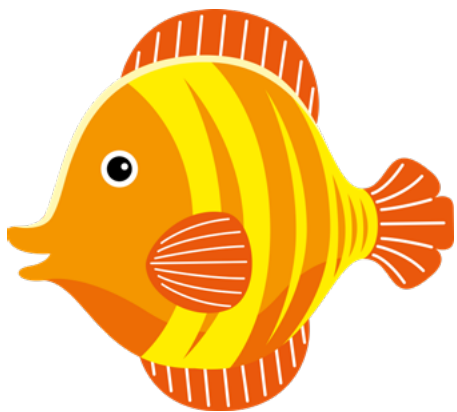
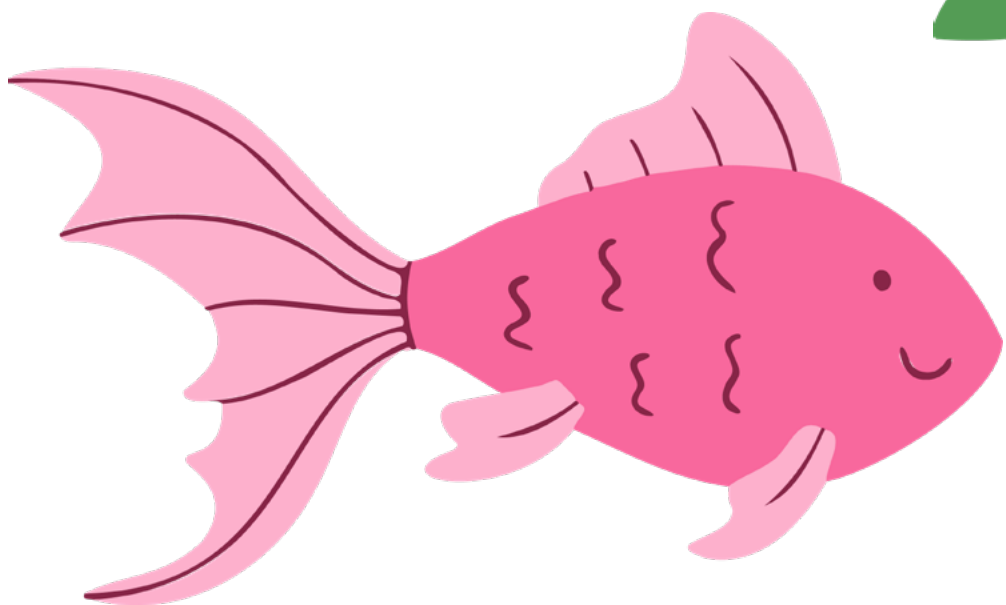
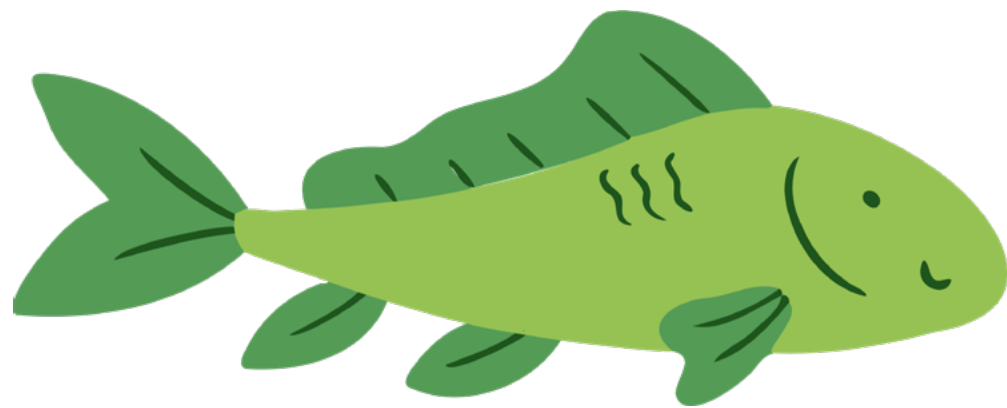


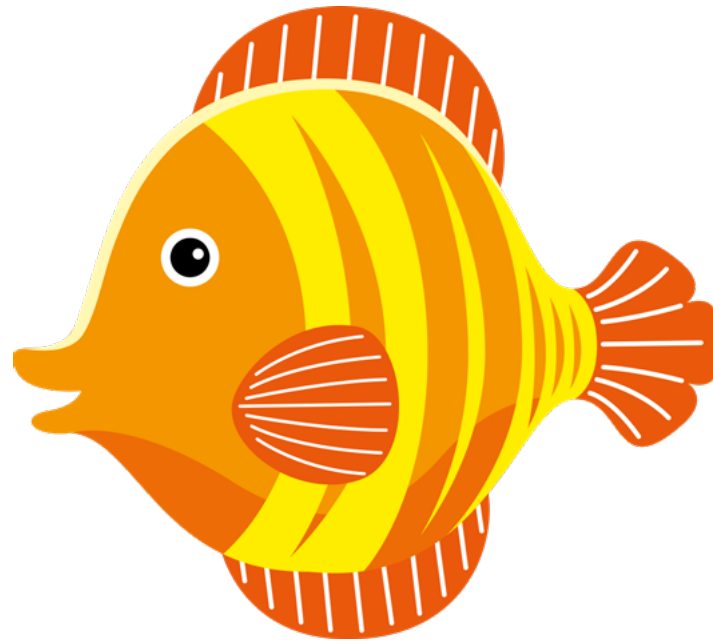
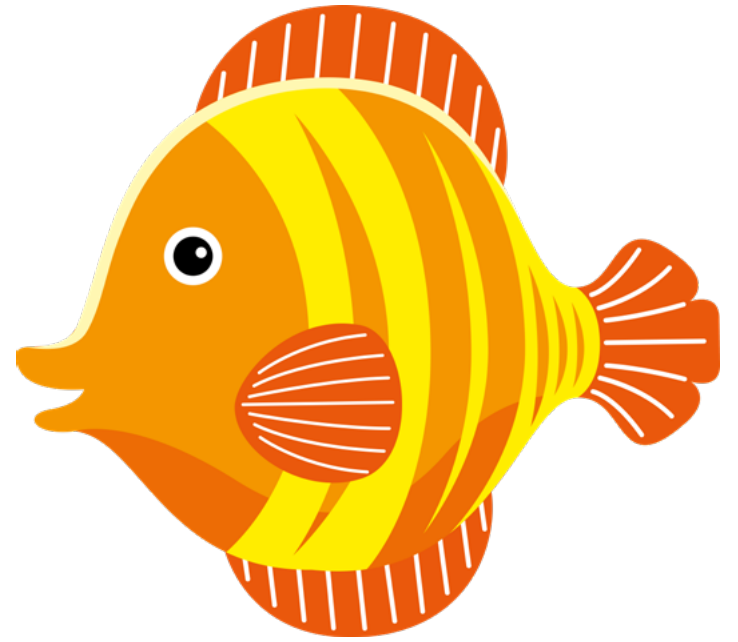
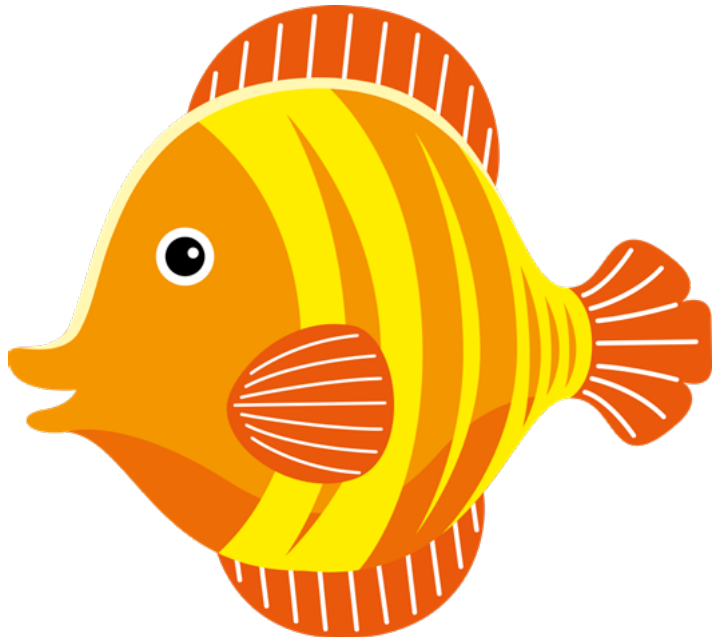
**Measure Fluid
Intake**

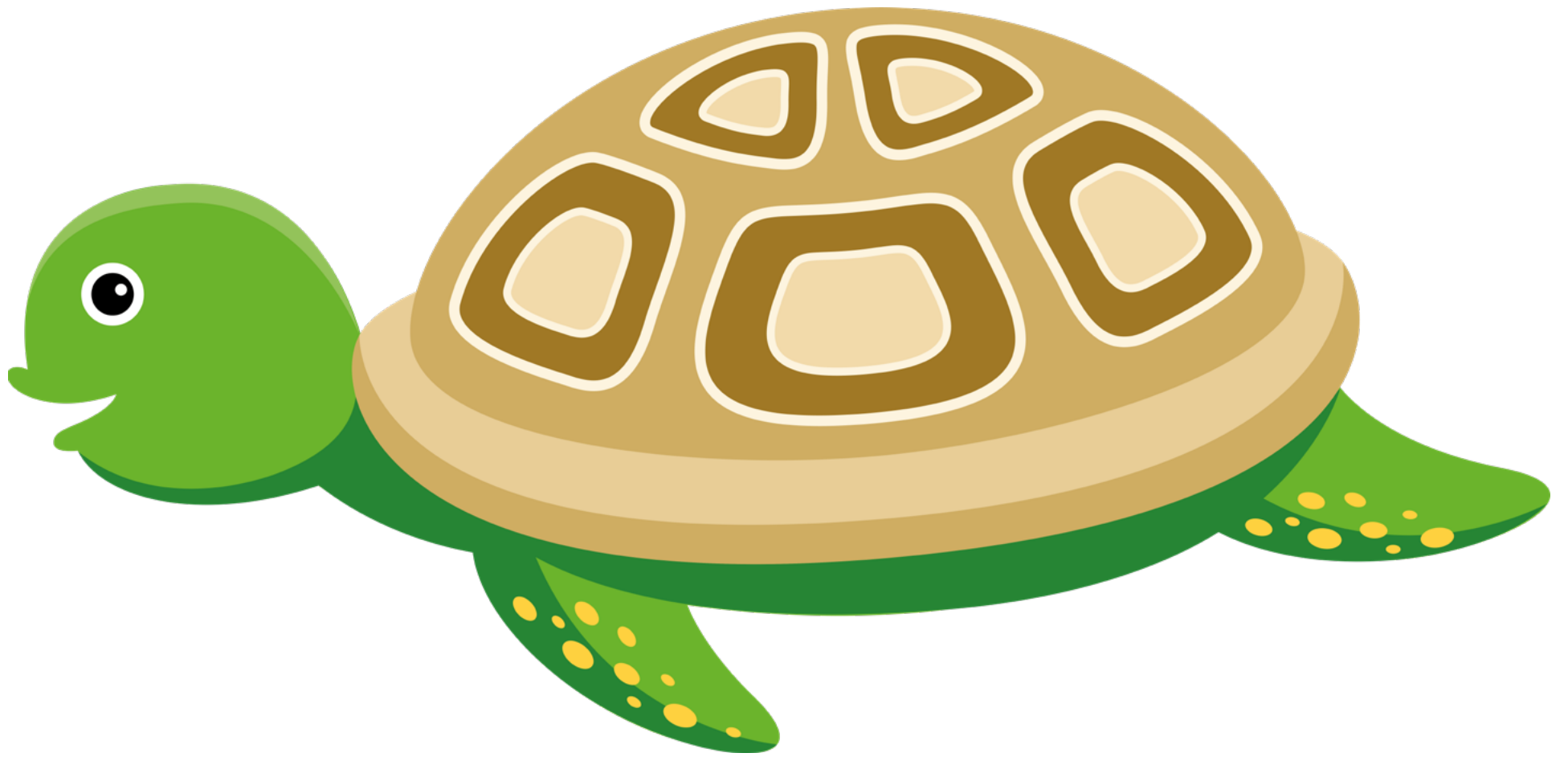
(1 liter/32 ounces
per day)

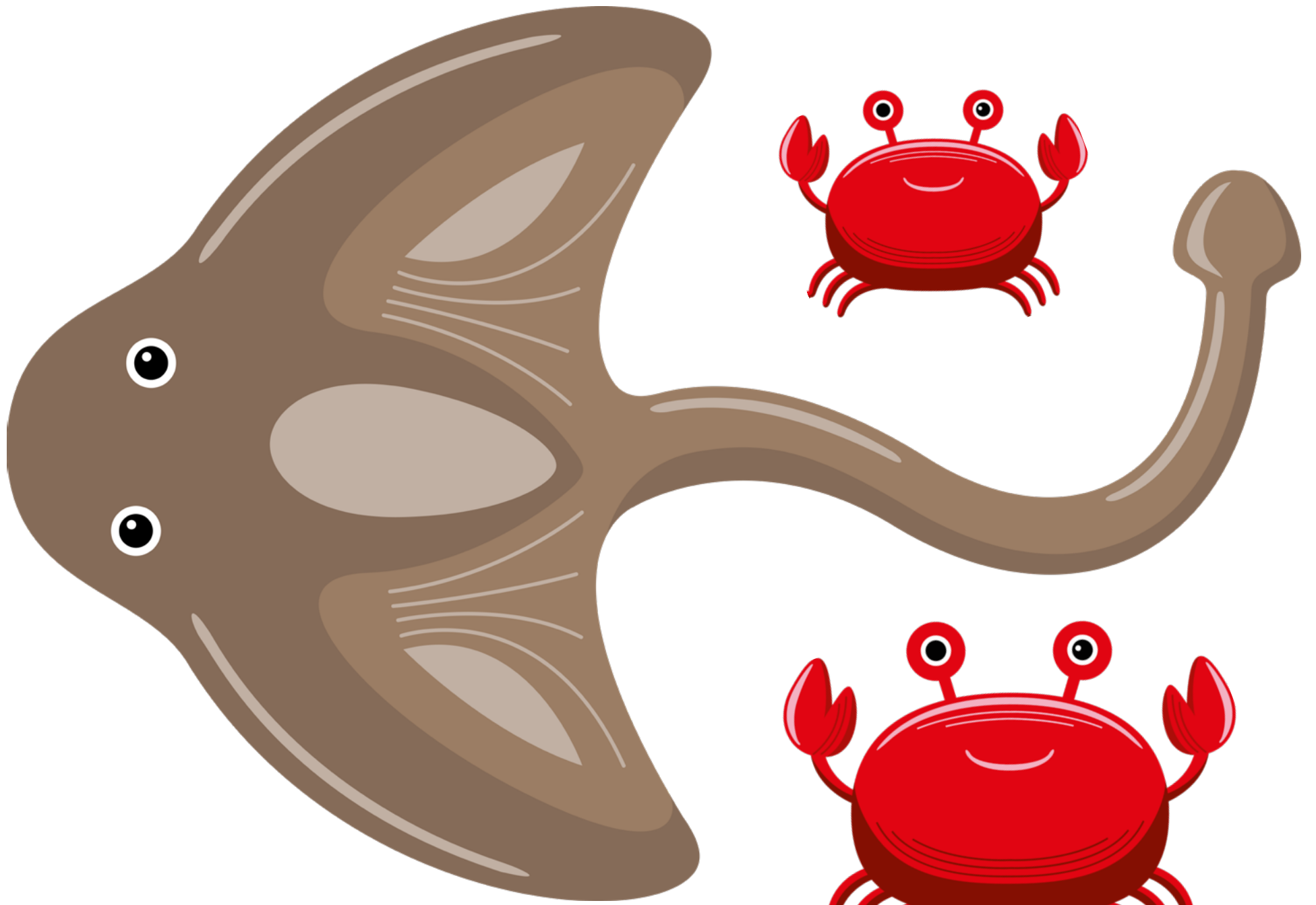


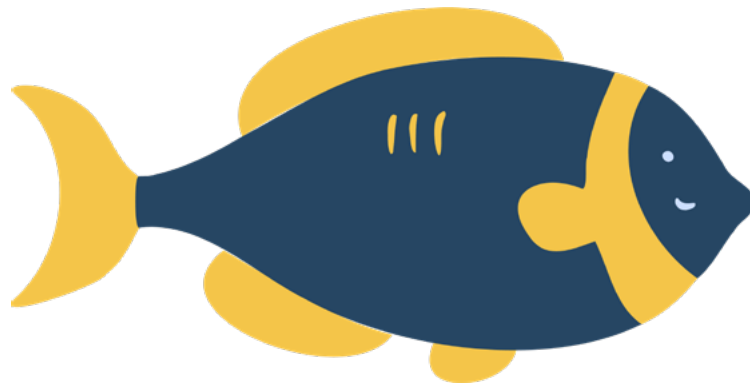
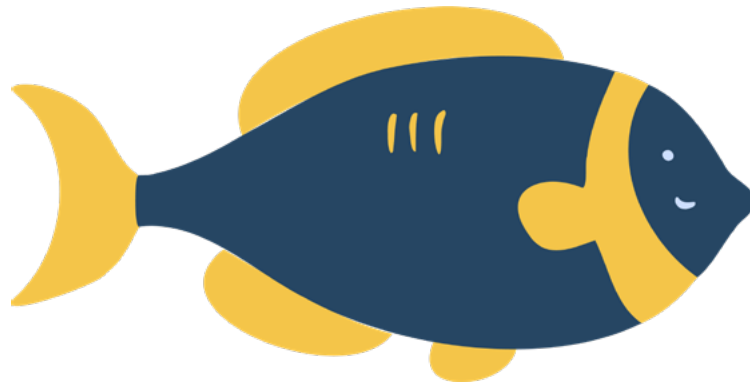
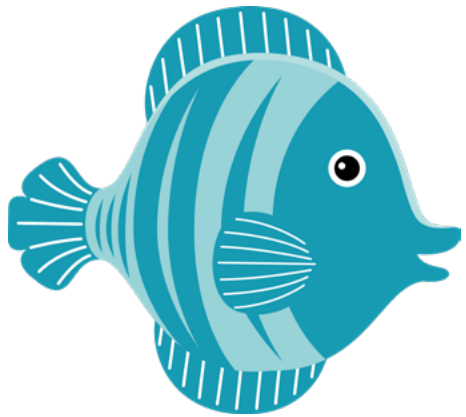
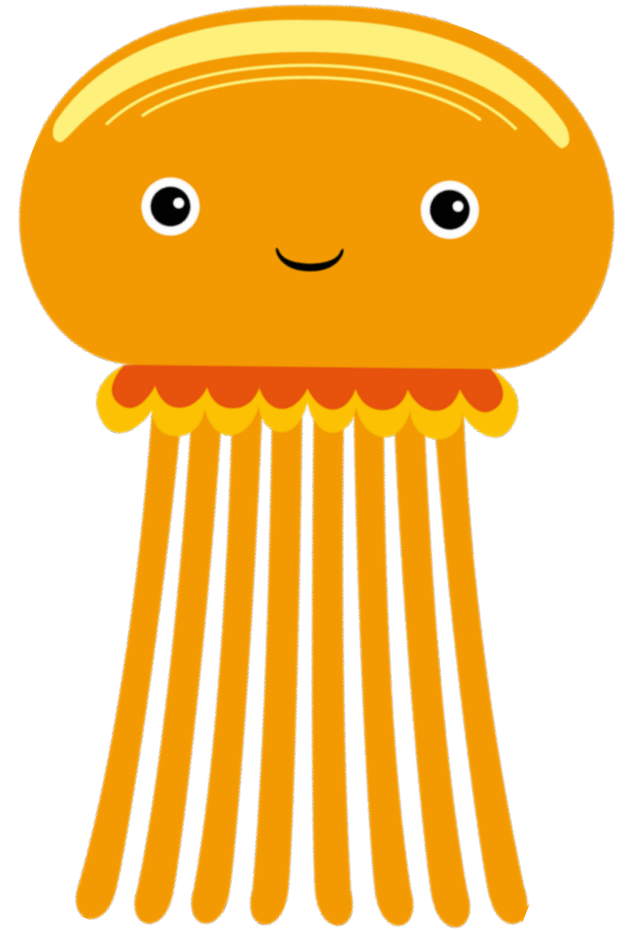
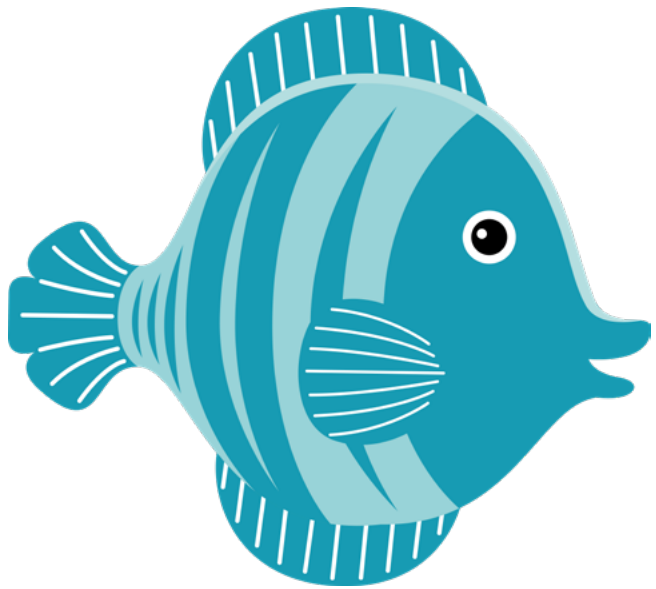


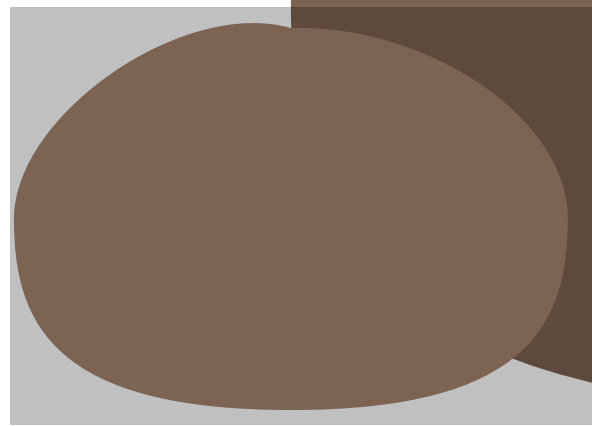
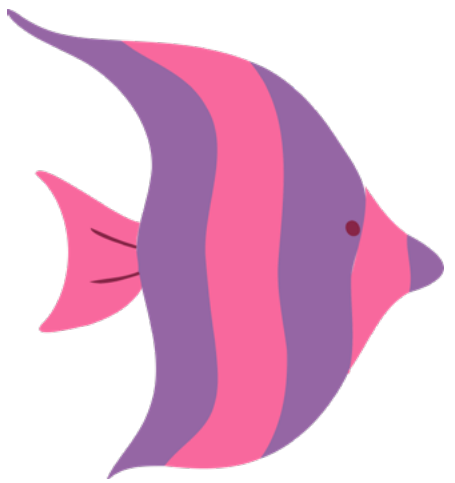
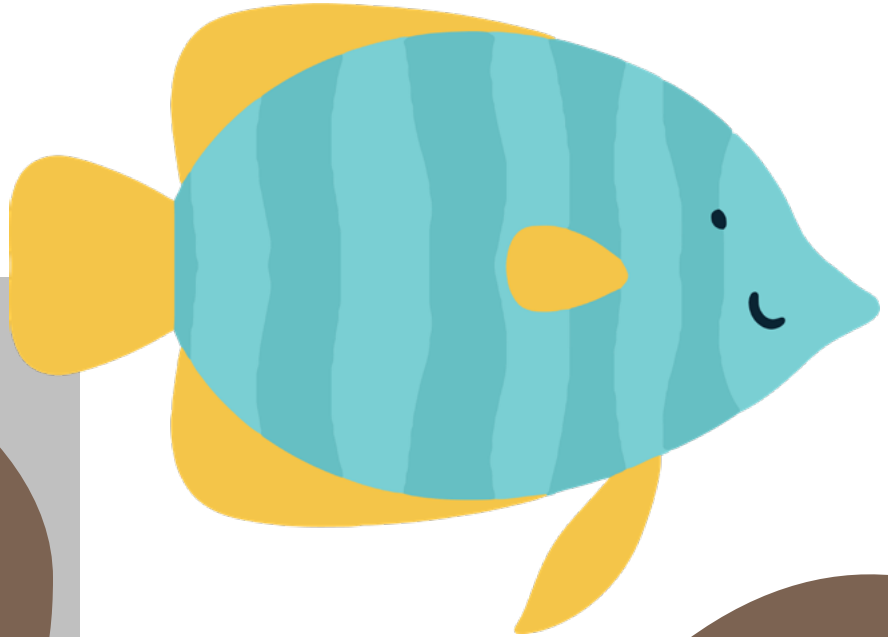
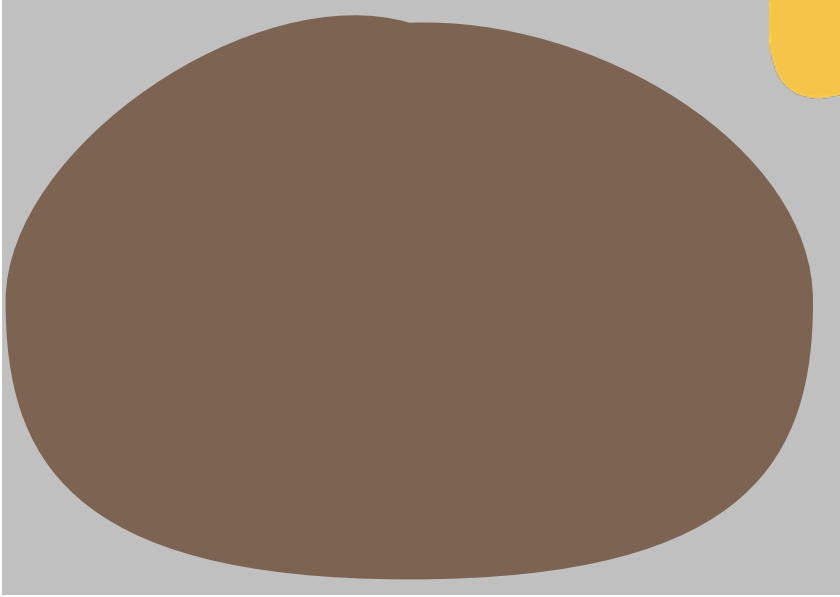


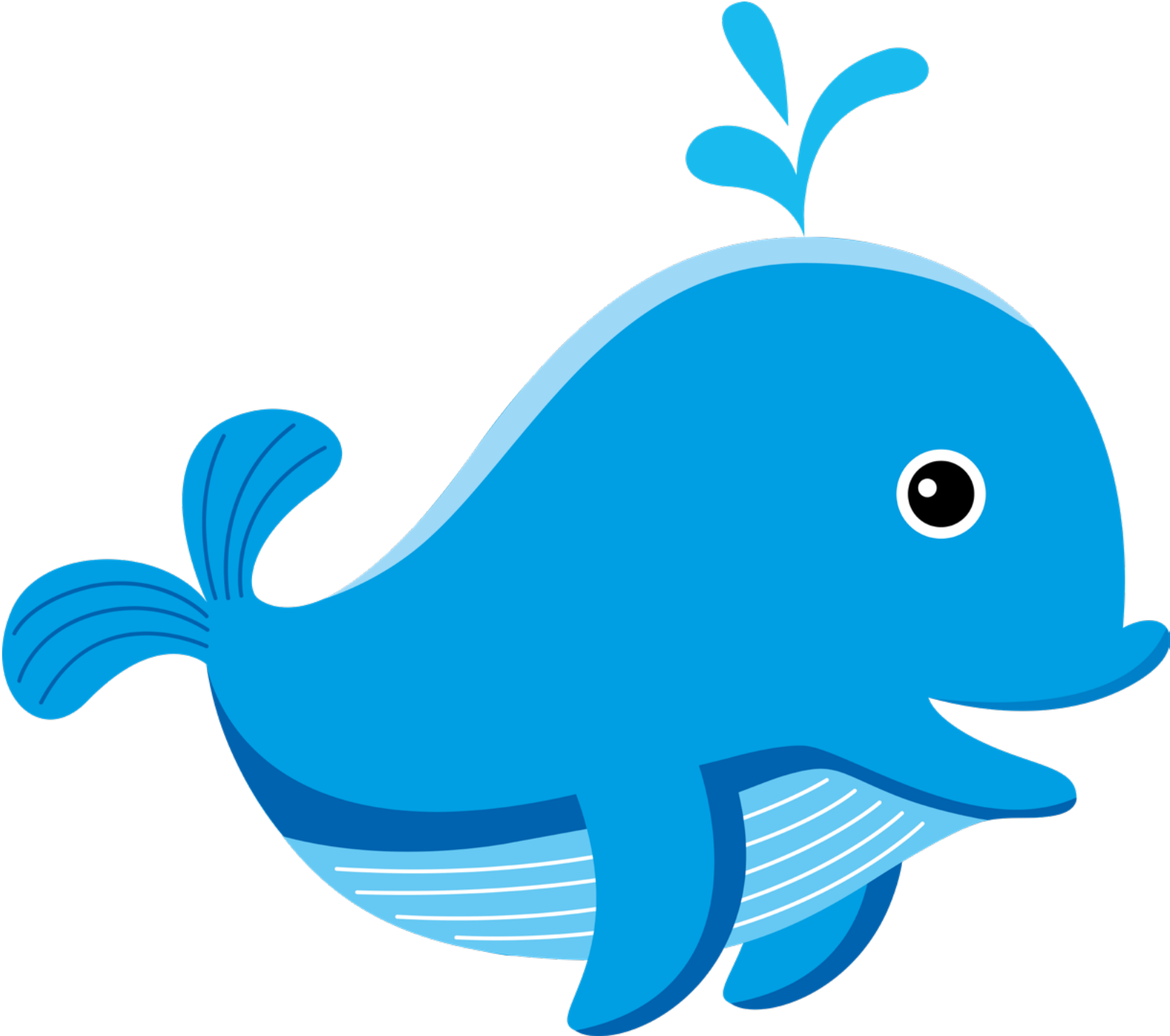




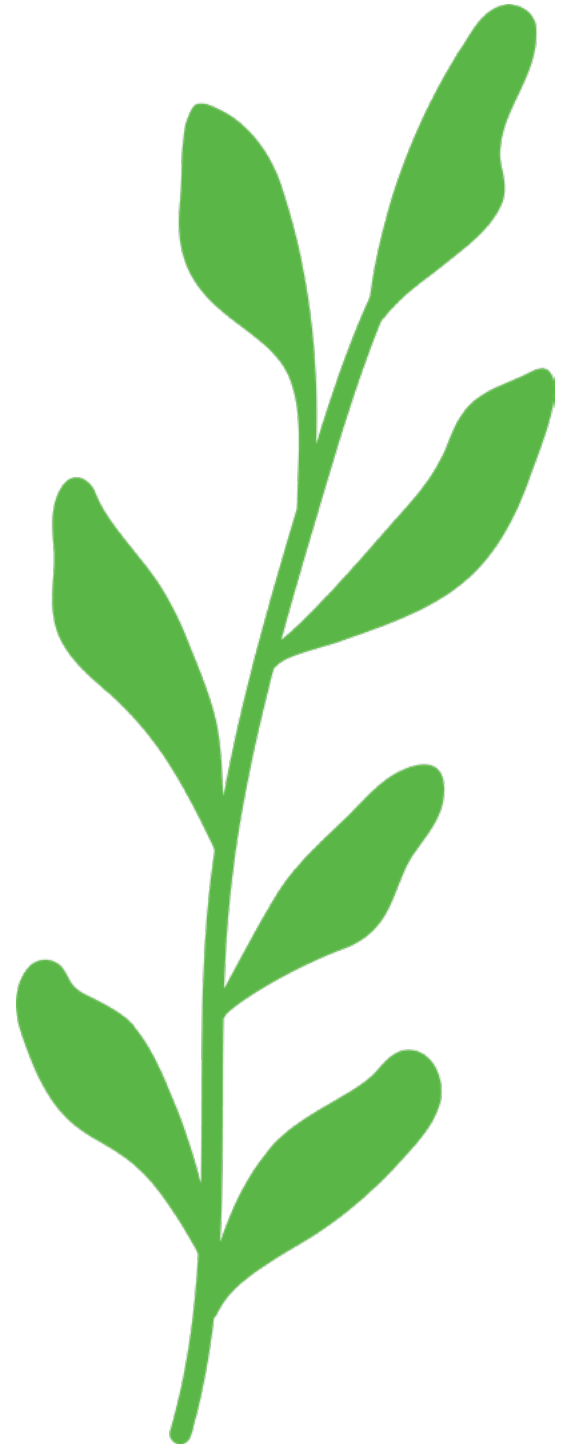
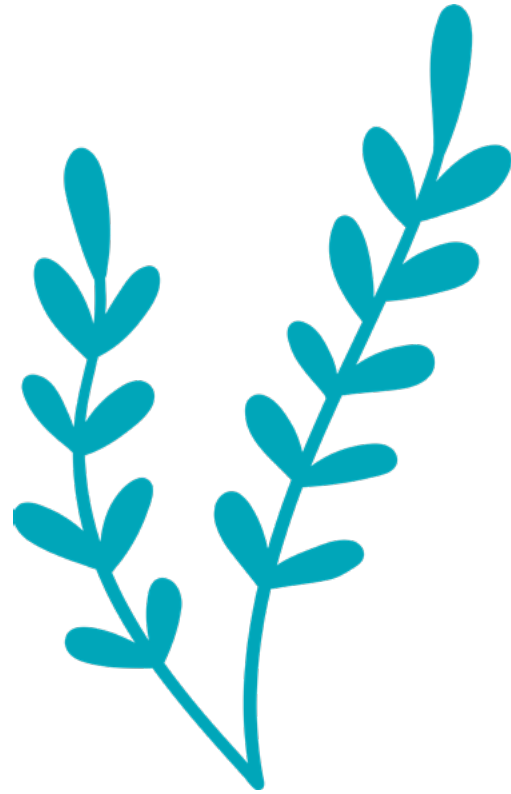
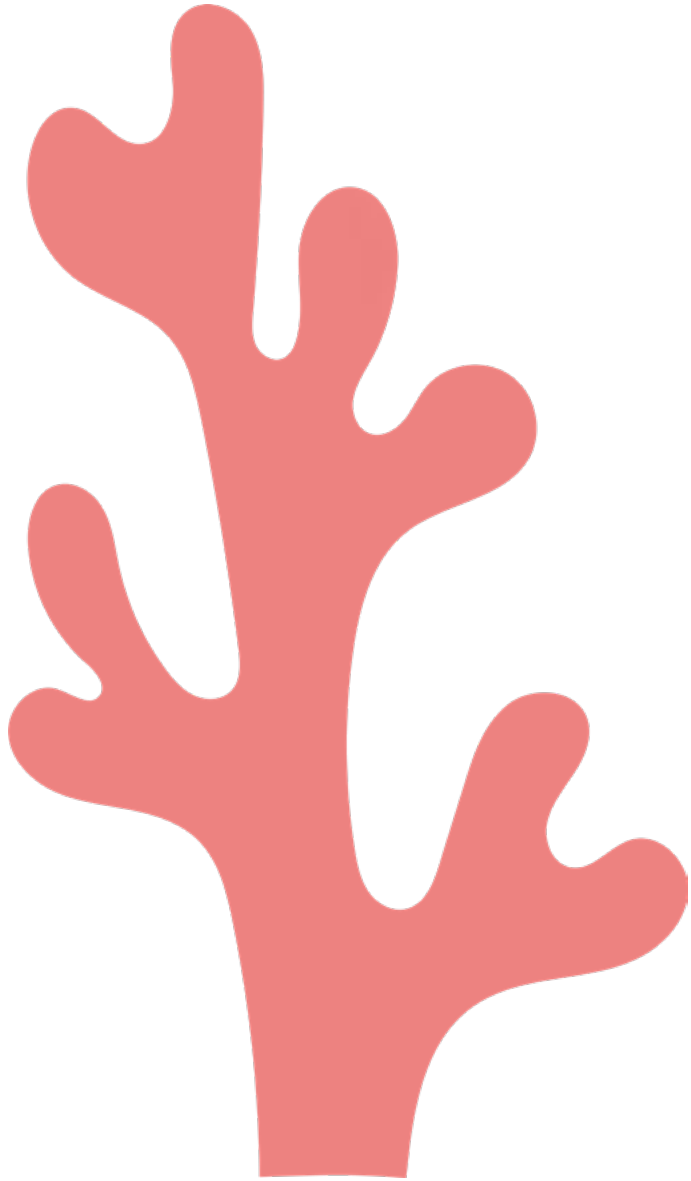


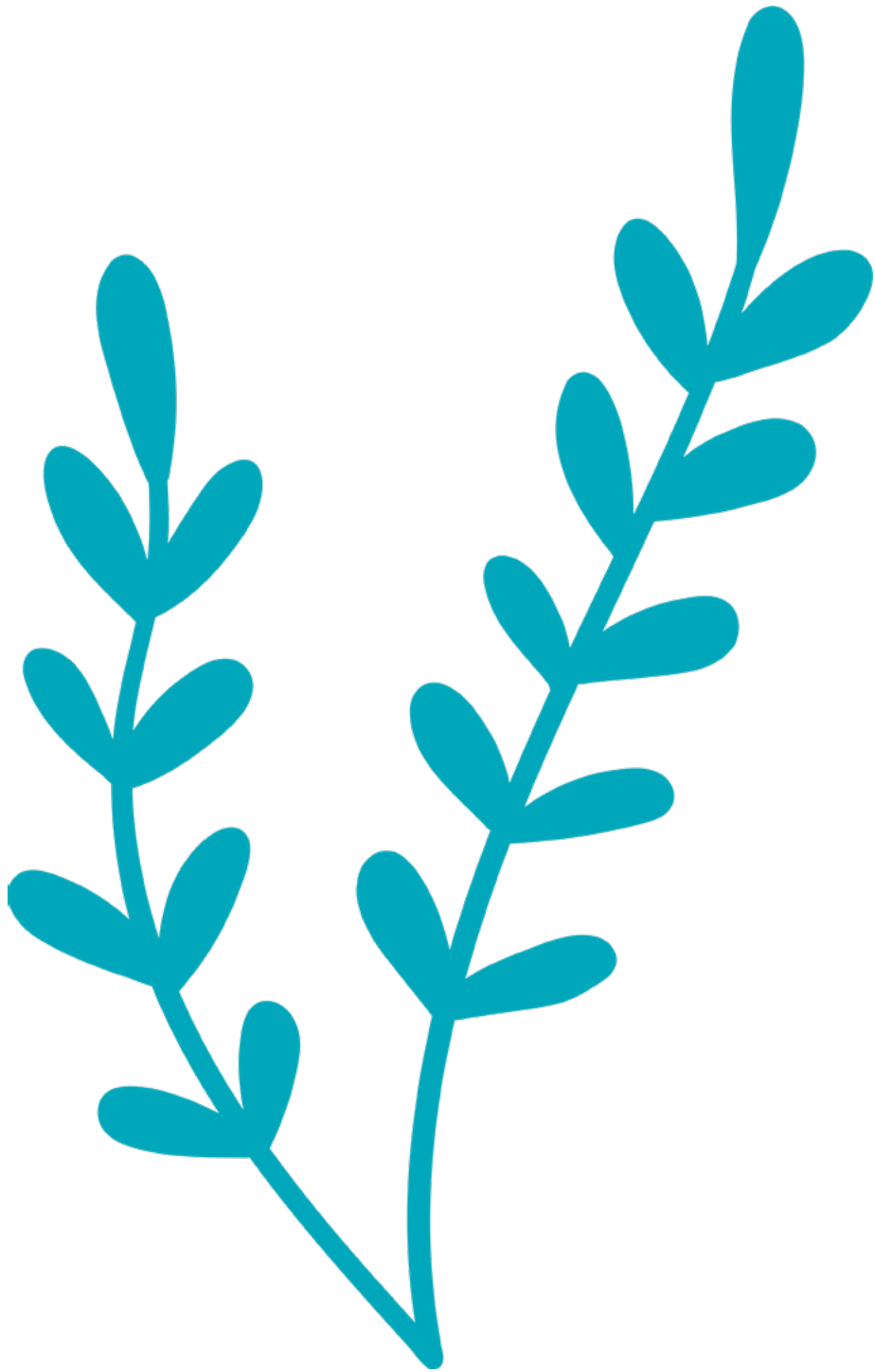












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(swelling, shortness of breath, high blood pressure)

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(1 liter/32 ounces per day)

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(ice, soups, popsicles)

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