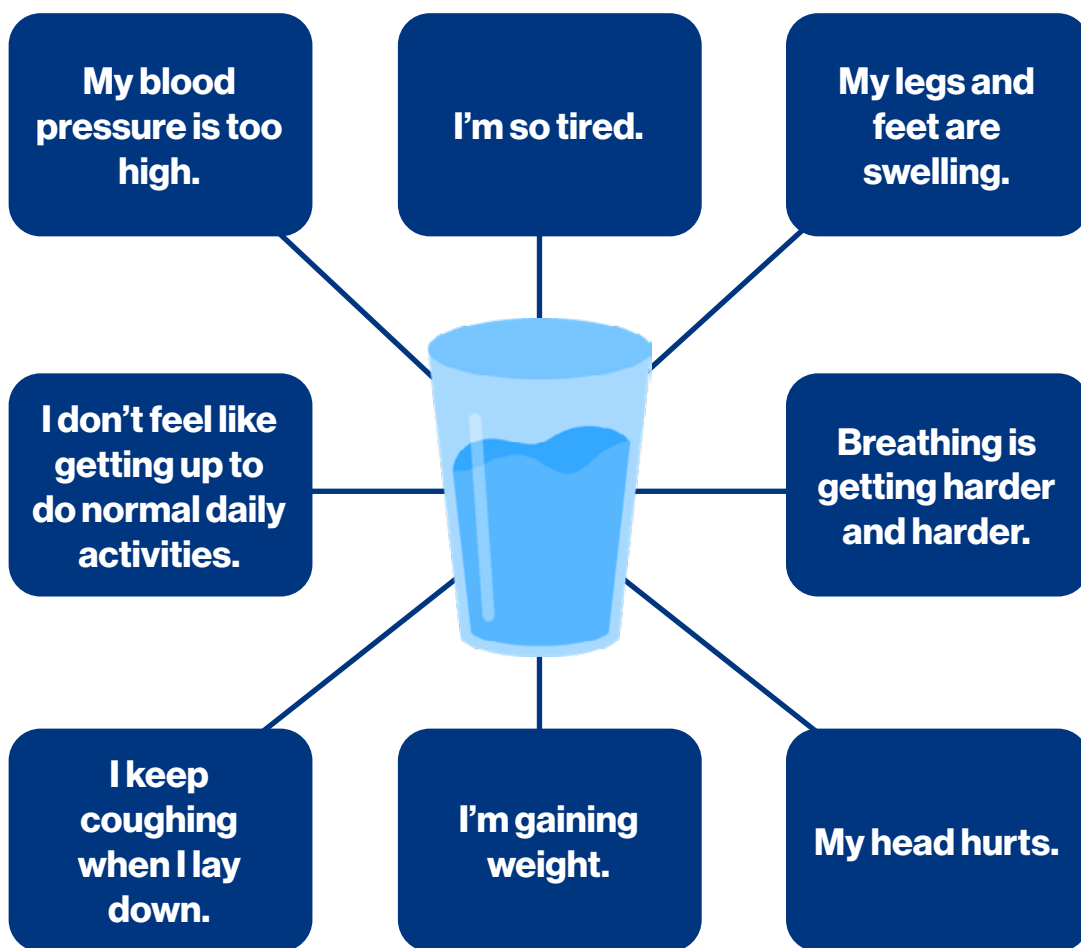


# DON'T SINK Into Fluid Overload



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# What's the Fuss About Fluid?

When the kidneys do not work, extra fluid builds up in your body. If too much fluid builds up, dialysis cannot take out all of the extra fluid from your body. There are ways to make sure your fluid level is normal and keeps you safe. Take a look!



## 1. Show up and make it count

- a. Whether you are receiving hemodialysis treatments at the dialysis facility or doing dialysis at home, be sure to take all dialysis treatments and stay on the machine for the full time your doctor ordered.



## 2. Watch out for extra fluids

- a. Too much fluid hurts your body and you may not feel good enough to do the things you want to do. It can lead to difficulty breathing, other health issues and needing care in the hospital.
- b. All fluid in what you drink and eat adds to the fluid level in your body.
  - i. Liquid Examples: Water, coffee, tea, soda, juice, alcohol, etc.
  - ii. Food Examples: Soup, ice cream, jello, pudding, watermelon, gravy, sauces, and ice
- c. Be aware of common fast food cup sizes.

Small	Medium	Large	Extra Large
12-16 oz.	20-22 oz.	30-32 oz.	40-44 oz.

- d. Most dialysis patients can only have 32 ounces (4 cups) of fluid each day. Your dialysis team can tell you what a safe amount is for you.

→ **My fluid limit each day is:**



## 3. Lower your salt intake

- a. Use less salt on your foods at the table and when cooking.
- b. Substitute herbs and spices in place of salt.
- c. Try to eat home cooked meals more than you eat takeout foods.





# Minutes Matter: Risks of Shortened or Missed Treatments

It is very important to receive your full dialysis treatments as prescribed by your doctor. Coming for every treatment and staying for the full time is important to getting “adequate” dialysis. You may not think cutting treatment by 30 minutes or missing a treatment once a week makes a difference, but over time every minute adds up. See the charts below on how time missed for a four-hour treatment adds up.



Fluid overload from missed treatments can cause shortness of breath and possible hospitalization.



Severe cramping and hypotension at the next treatment because extra fluid will have to be removed.



Missing injected medications can worsen anemia and bone disease.

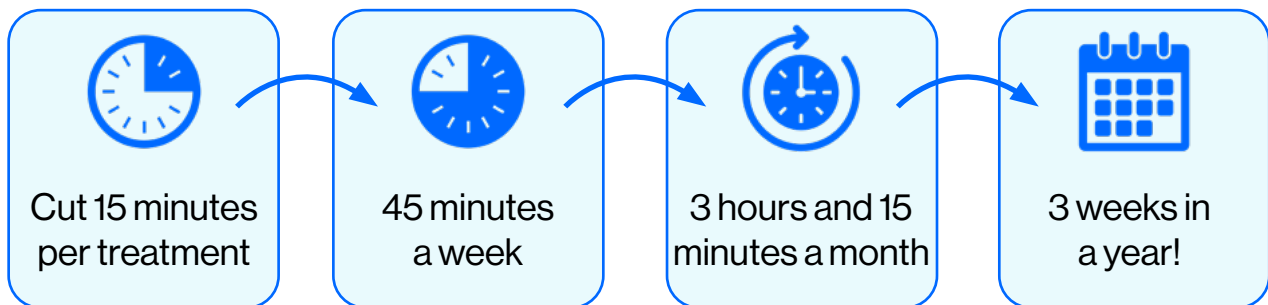


High potassium can cause heart problems, including irregular heartbeat, heart attack, and/or death.



High blood pressure can cause a stroke which can lead to permanent disability and/or death.

Missed Treatments	Dialysis Minutes	Dialysis Hours
1	240	4
2	480	8
3	720	12
4	960	16
5	1,200	20
6	1,440	24
7	1,680	28
8	1,920	32
9	2,160	36
10	2,400	40
11	2,640	44
12	2,880	48
13	3,120	52



# Planning for Daily Fluid Intake

## 1. Be aware of common fluid portions:



## 2. Plan and separate your total fluids for the day into small portions.

**Example 1:** If you are limited to 32 ounces for the entire day, you can separate it into four small portions of 8 ounces each.



8 oz. in the morning



8 oz. at noon



8 oz. in the afternoon



8 oz. in the evening

**Example 2:** For drinking more than four times a day, drink smaller portions by using a small cup or take small sips, do not gulp.



4 oz. with morning medications



4 oz. with breakfast



4 oz. with lunch



4 oz. with afternoon snack



4 oz. with dinner



4 oz. with night time medications



## Salty Secrets



### Secret #1

#### **Eating food with too much salt (or sodium), can make you feel thirsty!**

When you drink too much fluid it may cause:

1. Too much fluid to be removed during your dialysis treatment
2. Swelling in and around your face, legs, arms, heart and lungs
3. Difficulty breathing
4. Extreme tiredness



### Secret #2

#### **Salt makes your body hang on to extra water.**

When your body hangs on to extra water, it is hard to remove the extra water during dialysis treatments. This could cause:

1. Blood pressure problems
2. Cramps
3. Swelling to not improve during your dialysis treatments
4. Fluid Overload- This is when your body has too much fluid and increases your risk of congestive heart failure.

## The Secret Sauce for Lower Salt Intake

1. Talk with your dialysis staff to learn how much salt intake is right for you!
2. Do not add salt to the food you eat.
3. Read food labels of the food you buy and eat.
4. Eat less than 2,000 mg of sodium each day.
5. Eat out less and prepare foods at home.
6. When eating out, plan before you go!



# Spotting Salt on Nutrition Labels

- Sodium = Salt
- Sodium amount listed on the label is for one serving size, not for the whole product sometimes
- Sodium Percent Daily Value is based on a total daily sodium intake of 2,300 mg.
  - Example: 470 mg of sodium = 20% of the daily recommended sodium intake



## Recommended Daily Salt Intake:

Consult the dialysis care team dietitian for your daily recommended sodium intake limit.

Goals to aim for when looking at sodium:

- Meal(s): Less than 500-700 mg
- Snack(s): Less than 100-150 mg/snack

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1/4 pack (106g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>260</b>
<b>% Daily Value *</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 440mg	<b>19%</b>
<b>Total Carbohydrate</b> 53g	<b>19%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 11g	
Vitamin D 0mcg	<b>0%</b>
Calcium 30mg	<b>2%</b>
Iron 2.8mg	<b>15%</b>
Potassium 290mg	<b>6%</b>
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

# Thirst - Don't Let It Be a Problem!

## Thirst Triggers



High Blood Sugar



Salty Foods



Spicy Foods



Eating Take-Out or at Fast Food Restaurants



Dry Mouth



Medications

## Thirst Quenchers



Snack on Frozen Fruits (blueberries, grapes)



Use Dry Mouth Lozenges



Use Sugar-Free Gum, Mints, or Sour Candies



Use Mouthwash or Mouth Sprays



Suck on Ice

## Thirst Busters



Keep Your Blood Sugar in A Healthy Range



Use A Humidifier to Keep The Air Moist



Avoid Spicy And Salty Foods



Use Chapstick or Lip Balm to Prevent Dry And Cracked Lips



Ask Your Doctor if Any of Your Medications Could Make You Thirsty

# My Plan for Eating Out

Work with your facility’s dietitian to fill out this form. Investigate if your usual choices when eating out are **KIDNEY FRIENDLY** (Low Sodium, Low Phosphorus, Low Potassium) or if they need adjusted to make them kidney friendly.

What I Normally Order	Kidney-Friendly Options to Order (that I like)
Ex. McDonald’s Bacon, Egg, and Cheese Biscuit with a Large Dr. Pepper	Ex. McDonald’s Hot Cakes with Apple Juice OR Fruit & Maple Oatmeal
<b>ASIAN CUISINE</b>	
<b>AMERICAN STYLE CUISINE (Steaks, Burgers, Seafood)</b>	
<b>MEXICAN CUISINE</b>	
<b>ITALIAN CUISINE</b>	
<b>SANDWICH SHOPPES</b>	
<b>PIZZA</b>	
<b>OTHER FAST FOOD PICKS</b>	

## Tips For Eating Out:

- Take your phosphorus binders with you to the restaurant.
- Check out the restaurant’s website to look up nutrition information before you go. (Sodium, Potassium)

# This or That: Fast Food Edition

Circle the lower salt (sodium) option when eating out at your favorite fast food restaurants.

	THIS	OR	THAT
<b>KFC</b>	Fried Chicken Thigh		Grilled Chicken Thigh
	Macaroni and Cheese		Coleslaw
<b>McDonald's</b>	Hotcakes		Sausage Biscuit
	Cheeseburger		Filet-O-Fish
<b>Taco Bell</b>	Crunchy Taco		Burrito Supreme Beef
	Chips & Nacho Cheese		Cinnamon Twists
<b>Chick-fil-A</b>	Grilled Chicken Sandwich		Chick-fil-A Chicken Sandwich
	Grilled Nuggets (8 count)		Chick-fil-A Nuggets (8 count)
<b>Subway</b>	Veggie Delite		Meatball Marinara Melt
	Little Cheesesteak Slider		Oven Roasted Turkey Sandwich
<b>Arby's</b>	Roast Beef Slider		Classic Beef'n Cheddar
	Small Curley Fries		Small Crinkle Fries



# It All Adds Up! Matching Activity

Match each picture to the correct amount of fluid found in each item. Talk to your dialysis team to learn more about the fluid intake that is right for you.



**Cup of Coffee/Tea**



**Watermelon  
1 cup, cut in cubes**



**Bowl of Soup**



**Ice Cream Cone**



**Large Soda/Water**



**Bottle of Water**



**Ice Cubes**

**A**

240 mL  
(1 cup or 8 ounces)

**B**

150 mL  
(2/3 cup or 5 ounces)

**C**

1000 mL or more!

**D**

175 mL  
(3/4 cup or 6 ounces)

**E**

500 mL  
(2 cups or 16 ounces)

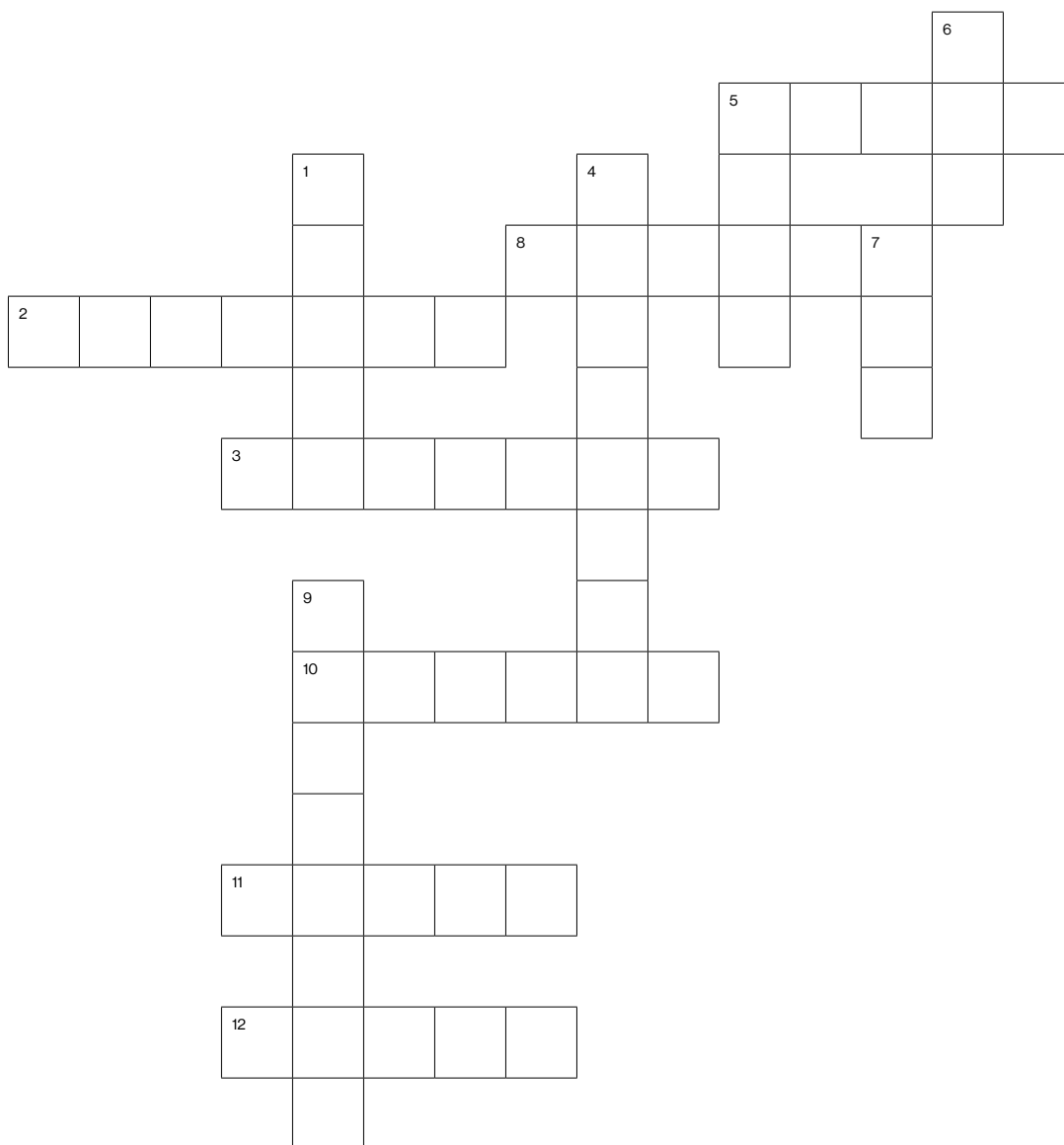
**F**

360 mL  
(1.5 cups or 12 ounces)

**G**

200 mL  
(3/4 cup or 7 ounces)

# Fluid That Counts! Crossword Puzzle



## Down:

1. Liquid from a fruit
4. Frozen flavored water
5. A favorite type of is chicken noodle
6. This makes your drink cold
7. You can drink this hot or cold
9. A dessert made from milk

## Across:

2. The proof is in the \_\_\_\_\_.
3. Jello
5. A thick liquid served with food
8. A dairy food
10. A morning drink
11. The liquid part of soup
12. H<sub>2</sub>O

# Answer Key: This or That: Fast Food Edition

	THIS	OR	THAT
<b>KFC</b>	Fried Chicken Thigh Sodium: 910 mg    Calories: 280		Grilled Chicken Thigh Sodium: 420 mg    Calories: 150
	Macaroni and Cheese Sodium: 590 mg    Calories: 140		Coleslaw Sodium: 180 mg    Calories: 170
<b>McDonald's</b>	Hotcakes Sodium: 530 mg    Calories: 580		Sausage Biscuit Sodium: 1090 mg    Calories: 460
	Cheeseburger Sodium: 720 mg    Calories: 300		Filet-O-Fish Sodium: 580 mg    Calories: 380
<b>Taco Bell</b>	Crunchy Taco Sodium: 310 mg    Calories: 170		Burrito Supreme Beef Sodium: 1160 mg    Calories: 390
	Chips & Nacho Cheese Sodium: 280 mg    Calories: 220		Cinnamon Twists Sodium: 115 mg    Calories: 170
<b>Chick-fil-A</b>	Grilled Chicken Sandwich Sodium: 765 mg    Calories: 390		Chick-fil-A Chicken Sandwich Sodium: 1460 mg    Calories: 420
	Grilled Nuggets (8 count) Sodium: 440 mg    Calories: 130		Chick-fil-A Nuggets (8 count) Sodium: 1210 mg    Calories: 250
<b>Subway</b>	Veggie Delite Sodium: 360 mg    Calories: 220		Meatball Marinara Melt Sodium: 1730 mg    Calories: 580
	Little Cheesesteak Slider Sodium: 450 mg    Calories: 160		Oven Roasted Turkey Sandwich Sodium: 1020 mg    Calories: 310
<b>Arby's</b>	Roast Beef Slider Sodium: 520 mg    Calories: 180		Classic Beef'n Cheddar Sodium: 1280 mg    Calories: 450
	Small Curley Fries Sodium: 560 mg    Calories: 250		Small Crinkle Fries Sodium: 300 mg    Calories: 250

# Answer Key: It All Adds Up!

**D**



**Cup of Coffee/Tea**

**G**



**Watermelon  
1 cup, cut in cubes**

**F**



**Bowl of Soup**

**A**



**Ice Cream Cone**

**C**



**Large Soda/Water**

**E**



**Bottle of Water**

**B**



**Ice Cubes**

**A**

240 mL  
(1 cup or 8 ounces)

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150 mL  
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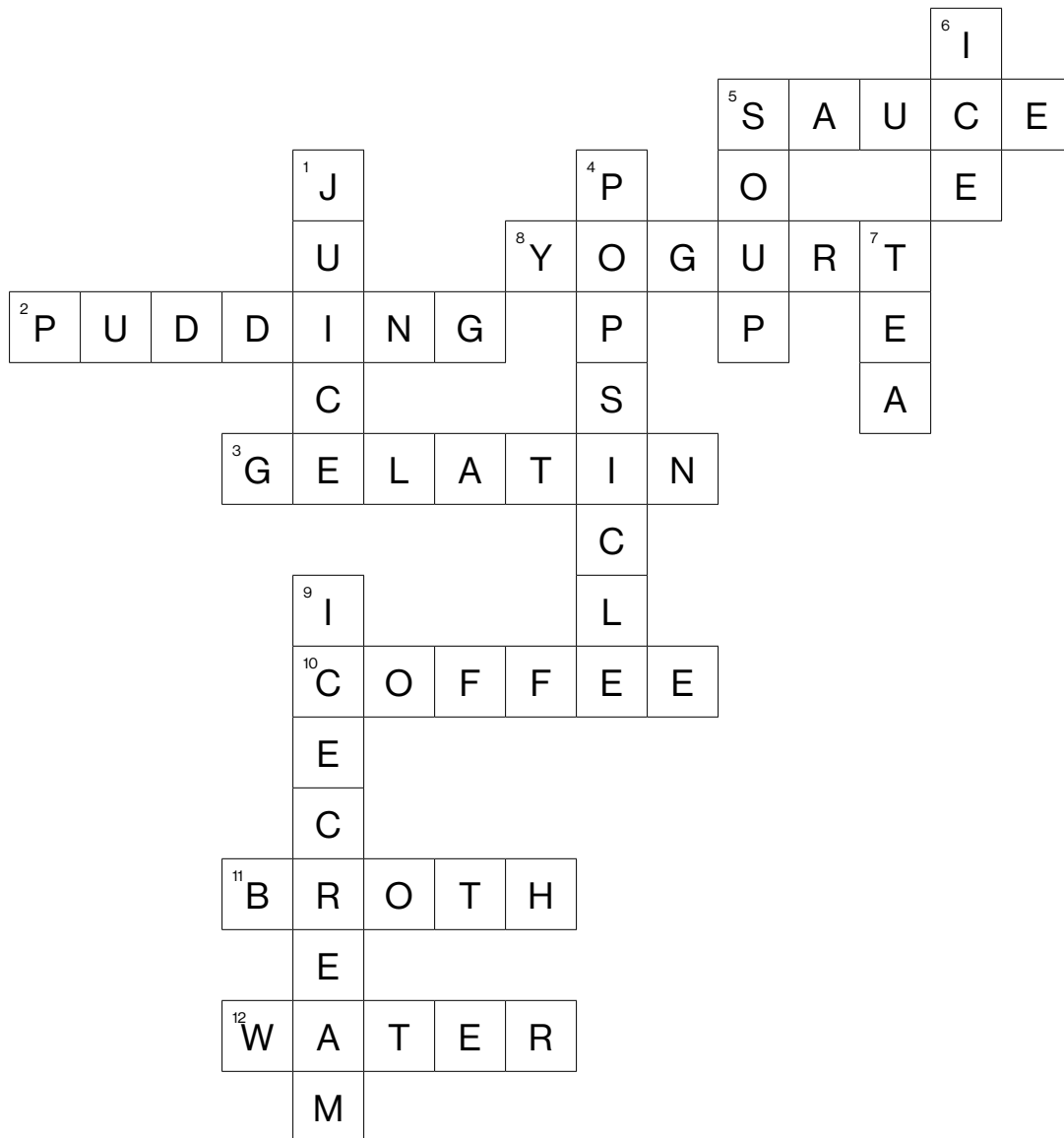
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5. A thick liquid served with food
8. A dairy food
10. A morning drink
11. The liquid part of soup
12. H<sub>2</sub>O



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