

# 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             |



Cut 15 minutes per treatment



45 minutes a week



3 hours and 15 minutes a month



3 weeks in a year!



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# 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

| Nutrition Facts                                                                                                                                                     |                 |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|
| 4 servings per container                                                                                                                                            |                 |
| Serving size                                                                                                                                                        | 1/4 pack (106g) |
| Amount per serving                                                                                                                                                  |                 |
| Calories                                                                                                                                                            | 260             |
| % Daily Value *                                                                                                                                                     |                 |
| Total Fat 1.5g                                                                                                                                                      | 2%              |
| Saturated Fat 0g                                                                                                                                                    | 0%              |
| Trans Fat 0g                                                                                                                                                        |                 |
| Cholesterol 0mg                                                                                                                                                     | 0%              |
| Sodium 440mg                                                                                                                                                        | 19%             |
| Total Carbohydrate 53g                                                                                                                                              | 19%             |
| Dietary Fiber 9g                                                                                                                                                    | 32%             |
| Total Sugars 0g                                                                                                                                                     |                 |
| Includes 0g Added Sugars                                                                                                                                            | 0%              |
| Protein 11g                                                                                                                                                         |                 |
| Vitamin D 0mcg                                                                                                                                                      | 0%              |
| Calcium 30mg                                                                                                                                                        | 2%              |
| Iron 2.8mg                                                                                                                                                          | 15%             |
| Potassium 290mg                                                                                                                                                     | 6%              |
| * 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. |                 |

# 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<br>(that I like)                     |
|-----------------------------------------------------------------------|-----------------------------------------------------------------------|
| Ex. McDonald's Bacon, Egg, and Cheese Biscuit with a Large Dr. Pepper | Ex. McDonald's Hot Cakes with Apple Juice<br>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)

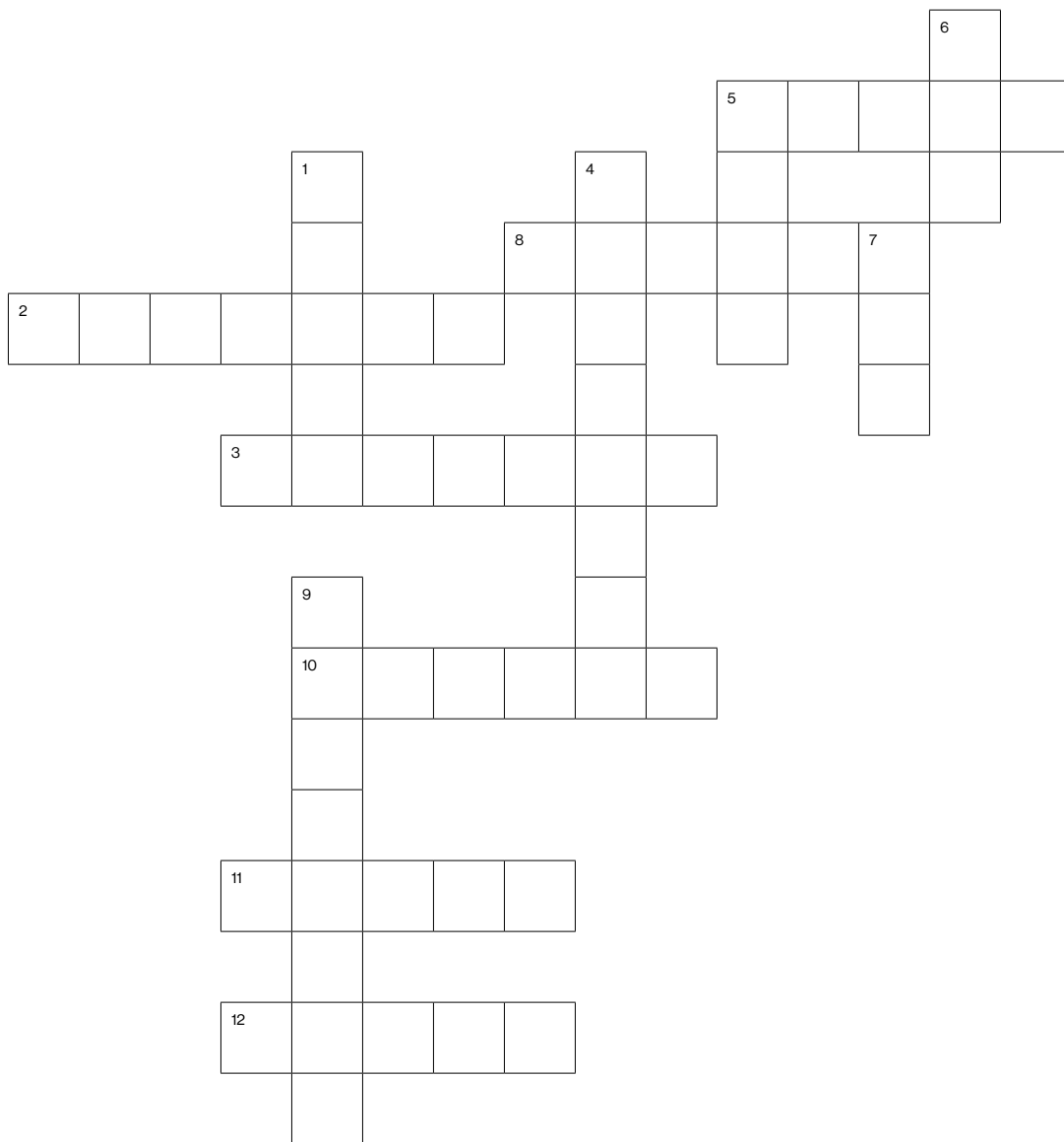
**F**

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

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240 mL  
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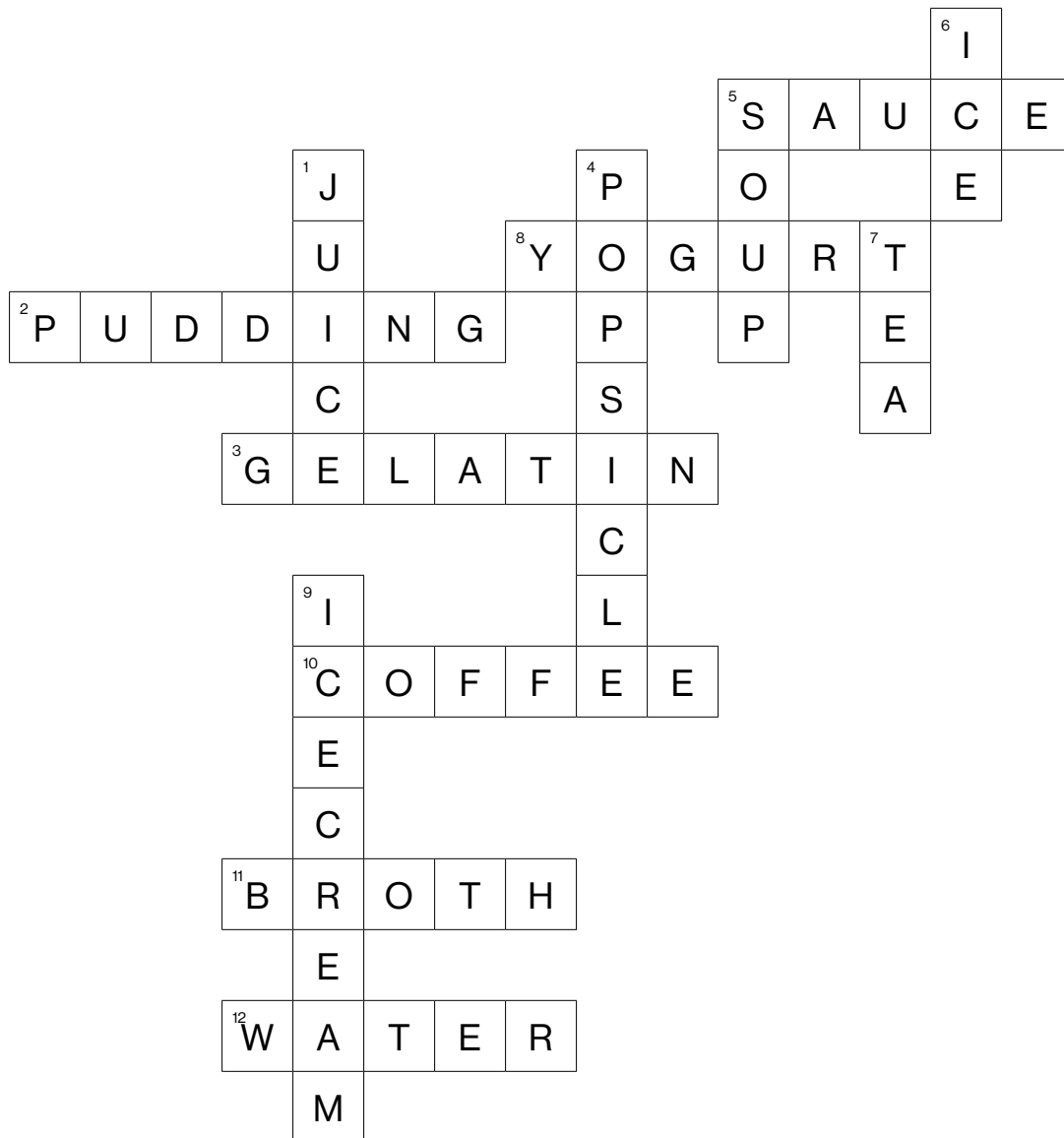
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2. The proof is in the \_\_\_\_\_.
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5. A thick liquid served with food
8. A dairy food
10. A morning drink
11. The liquid part of soup
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