

Frequently Asked Questions

The Facts About Fluid

“Make sure you are watching your fluids” is something dialysis patients hear all the time. But why is fluid intake so important to your health? Here are some frequently asked questions and answers about this important topic.

Why do I have to limit my daily fluid intake?

- Dialysis only removes some of the fluid
- Greater and undesired fluid gain between treatments increases risk of cardiovascular death

What are potential symptoms of fluid overload?

- Shortness of breath
- Headaches
- Stomach bloating
- High blood pressure
- Heart failure
- Swelling (feet, ankles, hands)

What can happen during treatment if you remove too much fluid?

- Low blood pressure
- Cramping
- Nausea/vomiting
- Headache
- Dizziness
- Fatigue



Examples of where you find fluid:

- Water, juice, milk
- Coffee and tea
- Soups and broths
- Watermelon and other fruits
- Ice cubes, ice cream, popsicles
- Puddings, yogurt, gelatin
- Lettuce



For more information or to file a grievance, please contact:

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