



# Tips for Controlling Thirst

## ▶ Pass on the salt

- ▶ Cook with herbs and spices instead of salt.  
Try: Allspice, Basil, Bay Leaf, Caraway, Cardamom, Curry, Dill, Ginger, Marjoram, Rosemary, Thyme, Sage, Tarragon
- ▶ Avoid salt substitutes and foods made with salt substitutes- they are high in potassium.
- ▶ Read food labels and choose low-sodium options

## ▶ Suck on ice chips

## ▶ Sip don't gulp

## ▶ Limit caffeine and alcohol

## ▶ Spray your mouth

- ▶ Try mint or lemon flavored water

## ▶ Brush your teeth

## ▶ Keep your mind busy

- ▶ Read a book
- ▶ Do a crossword or word-search puzzle
- ▶ Try crocheting or sewing

## ▶ Stay cool

- ▶ Stay in the shade or indoors
- ▶ Stay on the lowest floor out of the sunshine if air conditioning is not available
- ▶ Dress in loose-fitting, lightweight and light-colored clothes
- ▶ Wear a hat

Being thirsty is a challenge for dialysis patients because you have to limit your fluids. Keeping the amount of fluid you gain down between treatments is very important. When you have too much fluid in your body ("Fluid Overload") it causes shortness of breath, swelling, high blood pressure and excessive weight gain.

Limiting your fluid will help you feel better and stay healthy before, during and after dialysis with no cramping or blood pressure changes during dialysis.

For more information or to file a grievance please contact the Heartland Kidney Network at

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Toll-Free Patient Line: (800) 444-9965 • [net12@nw12.esrd.net](mailto:net12@nw12.esrd.net) • [www.heartlandkidney.org](http://www.heartlandkidney.org)

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