

Southern Indiana Nephrology and Hypertension

Fluid Restriction

Because your kidneys are not removing the extra fluid from your body, your doctor has advised you to limit the amount of fluid that you take in each day. Too much fluid can make your hands, feet, and ankles swell. It can go to your lungs and make breathing difficult. It can even cause heart failure.

Fluid means anything that is liquid at room temperature. This includes:

Water	Fruit and vegetable juices	Milk
Alcoholic beverages	Coffee and creamer	Tea
Ice (cubes and crushed)	Yogurt, regular and frozen	Ice cream, ice milk
Popsicles	Broth and liquid in soup	Soft drinks, soda
Jello	Pudding	Sherbet
Gravy	Nutritional supplements	Syrup

You should drink NO MORE THAN _____ per day.

To help you measure:

tablespoons	cups	ounces	ccs or mls	quarts
2	1/8	1	30	
4	1/4	2	60	
About 6	1/3	2 2/3	80	
8	1/2	4	120	
	2/3	5 1/3	160	
	3/4	6	180	
	1	8	240	1/4
	4	32	960	1
	6	48	1440	1 1/2
	8	64	1920	2

Keep track of the liquid that you take in and add it up as you go through the day. When you get to your restricted amount...STOP! Or try spacing it out throughout the day. Give yourself so much per hour or per meal.

Here are some tips to help you keep from feeling as thirsty and help in limiting fluids:

- Drink only when thirsty, not to be sociable
- Limit salty foods
- Chew gum or suck on hard candy
- Use mouthwash or breath spray
- Drink from a small glass
- Breathe through your nose
- Stay active so you don't think about drinking
- Try margarine or jelly on bread (the fat acts as a lubricant)
- Keep the air in your home moist (dry air makes you thirsty)
- Eat an icy cold piece of fruit from your diet (try frozen grapes!) or suck on a lemon wedge
- Choose sugar free and caffeine free beverages (sugar and caffeine make you thirsty)
- Avoid the hot noon day sun, if possible, go out in the early morning or evening
- If you have diabetes, keeping your blood sugar under control will make you feel less thirsty
- Drain canned fruit vegetables, even soup broth
- Take your medications with applesauce
- Rinse your mouth out, but do not swallow
- Do not overheat your home
- Put drinks in the refrigerator so no ice is needed
- Don't drink from fountains (can't be measured)