

Controlling your fluids


Renal diet information from Edinburgh Royal Infirmary, www.edren.org

Patients with advanced kidney disease or on dialysis often need to control the amount of fluids (water and other liquids) that they take. This page is a simple guide to measuring fluid and some tips for preventing thirst.

Remember – *it is impossible to stick to a fluid restriction if you take in too much salt.* See our leaflet *Cutting Down on Salt* (also downloadable).

Further information – Go to www.edren.org and click on 'EdRenINFO' at the top right. Then click on 'Diet in kidney disease'.

A guide to fluid allowance

1 average cup / mug	= 150mls / 200mls	
1 average tumbler	= 200mls	
1 scoop ice-cream	= 30mls	
1 carton yoghurt	= 100mls	
1 bowl of milk pudding	= 100mls	
1 ladle of soup	= 100mls	

Helpful Hints for fluid control

- Avoid adding salt to food and reduce intake of salty foods
- Use small cups or fill cups only half-full.
- Measure total fluid allowance into a jug at the start of each day, each time you take a drink, take the equivalent amount out of the jug.
- Spread your allowance evenly throughout the day.
- For social outings, "save up" your allowance to have later.

Useful thirst quenchers

slice of lemon or orange

sugar-free mints or chewing gum eg. Velamints, sugar-free Polos

"Soor Plooms", acid drops

ice cubes (count as 10mls each)