

Protect your heart from fluid



If you do dialysis drink small



Fluid is a word that tells us about wetness
In food or drinks

Anything we drink and some foods have water in them and we call this water **fluid**.

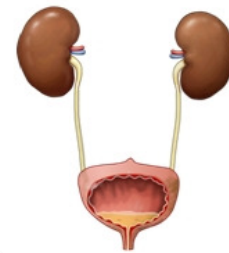


For example these are all mostly fluid



When the kidneys work well when you pee any extra fluid you bring in to your body can get out.

Your kidneys control the water in your body, making sure there is always the right amount.



When the kidneys stop working you can only pee a bit or not at all. Water stays stuck in your body

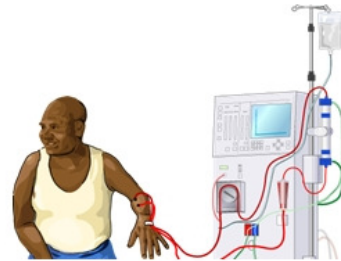
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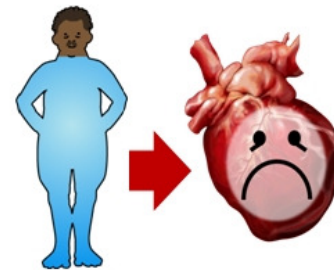
The machine can remove some fluid from the body



If you have a small mob of fluid the machine can get rid of it and you will feel well.

If you have a big mob of fluid the machine can still only get rid of a small mob of fluid.

Fluid stays stuck in your body and it is heavy. This puts a lot of weight and pressure on your heart.



When you have big mobs of fluid you get:

- Short wind
- Feel tired
- Leg cramps
- Swelling

Try to gain no more than **2kg** between dialysis days. Then you know you are drinking the right amount of fluid.



Protect your heart from fluid



If you do dialysis drink small



Only 4 small cups from morning till night



1



2



3



4

= 1 Litre



tea

1



water

2



diet soft
drink

3



water

4

= 1 Litre



tea

1



soup

2



diet soft
drink

3



water

4

= 1 Litre



Protect your heart from fluid

If you feel thirsty you could try...



Brush your teeth



Suck something sour like lemon or lime



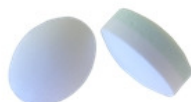
Stay cool



Suck on an ice cube



Chew on sugar free gum



Suck on a sugar free lolly



Have less salt

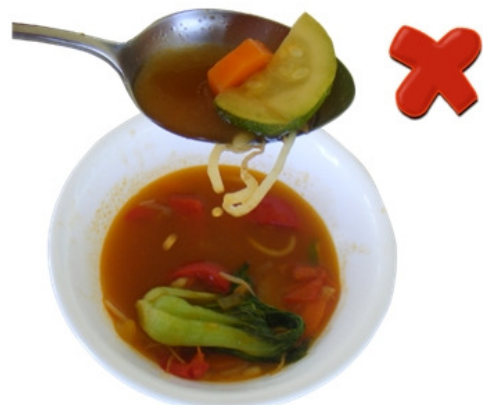


Rinse your mouth

Eat wet foods with a fork



Not a spoon



Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

Use of resource:

Fluid Handout- can be provided to dialysis patients along with dietitian advice

Purpose of resource:

To help dialysis patients to control the amount of fluid they have and avoid heart problems.

Key skills (Competencies):

A patient should be able to:

- Tell you what happens if they have too much fluid.
- Tell you how they know they are having the right amount of fluid.
- Tell you how much weight they can put on between dialysis days.
- Tell you what too much fluid can do to their heart.
- Show you what a cup of fluid looks like.
- Show you how many cups of fluid they can have each day.

Key Health Messages

- If you do dialysis drink small.
- Try ways to stop you feeling thirsty.
- Try to gain no more than 2 kg between dialysis days
- If you have problems talk to your dietitian, nurse or doctor.

Target group:

This resource is designed to be used by any Australian who is undergoing (doing) dialysis.

Notes:

This resource is designed to be printed A4 size and used as a handout.

Pages of this resource can also be printed A3 and used as a poster.

If a patient has poor eyesight it can be printed as an A3 handout.

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