

## Fluid food cards



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## Fluid for one day - food cards



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**= 1.5 Litres**

## Fluid for one day - food cards



tea

water

diet soft  
drink

tea

water

tea



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## Fluid for one day - food cards



tea

water

diet soft  
drink

tea

water

tea



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## Fluid for one day - food cards



Orange  
juice

soup

Ice-  
cream

water

tea

water



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## Health Professional Facilitator Information

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

### Use of resource:

# Fluid Cup PD Cards- enlarged pictures of information on fluid handout to use in interactive discussion with dietitian

### Purpose of resource:

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

### Content

- Using a fork rather than a spoon.
- Examples of possible options when marking a patients own cup, glass or bowl.

### 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 in 1 day**.
- Tell you what too much fluid can do to their heart.
- Show you how many cups of fluid they can have each day.

### Key Health Messages

- If you do PD dialysis drink small.
- Try ways to stop you feeling thirsty.
- 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) peritoneal dialysis.

### Notes:

This resource is designed to be printed A4 or A3 size , cut out and laminated so they can be used in interactive activities.

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