



Fluids on Dialysis



What Counts as a Fluid?

Anything that melts at room temperature, such as:

- Water
- Pop
- Italian Ice
- Ice
- Popsicles
- Soup
- Jell-O
- Milk
- Ice Cream
- Sherbet
- Tea
- Shakes
- Lemonade

How much fluid should I drink?

In general, fluid needs on dialysis are:

1 L (liter) or 1000mL

This is similar to

4 cups or 32 fl oz.

Talk to your health care team about your fluid needs

Fluid Ounces (fl oz)	Cups (C)	Milliliters (mL)
1 fl oz	2 Tbsp	30 mL
2 fl oz	¼ C	60 mL
4 fl oz	½ C	120 mL
6 fl oz	¾ C	180 mL
8 fl oz	1 C	240 mL
32 fl oz	4 C	960 mL

What Happens if I Drink Too Much Fluid?

Consuming too much fluid in between dialysis treatments will cause a fluid build up. Your heart will have to work harder to pump the fluid through your body. Some signs and symptoms of too much fluid retention include:

- Swelling in ankles and feet
- Shortness of breath
- High blood pressure
- Chest pain
- Cramping during dialysis
- Nausea, dizziness and overall discomfort following treatments

Ways to Reduce Thirst

Avoid salt and salty foods

Chew sugar free gum

Suck on hard candies

Eat ice chips

Freeze fruit juice in to ice cube trays

Eat chilled applesauce

Avoid excessive heat

Brush your teeth frequently