

# Managing Your Fluid Intake in Chronic Kidney Disease (CKD)

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## Why is fluid intake important in CKD?

- If you have CKD, it is important to manage your fluid intake so that the fluids in your body are balanced.
- When the fluids in your body are balanced, it helps to lower:
  - › common symptoms (like swelling and shortness of breath).
  - › the impact on your other organs (like your heart and lungs).

## What is a fluid?

- A fluid is anything that is liquid at room temperature (like ice cubes, ice cream, JELL-O®, and soups).
- Our bodies get fluids from water and other liquids (like tea, juice, pop, and milk).

## What is my target (ideal) body weight?

- This is when the fluids in your body are balanced. Each person's target body weight is different. Talk with your renal team about your target body weight.

## How much fluid can I have?

- **Each day**, you can drink:
  - › 500 to 1000 ml (2 to 4 cups) of fluids, **plus** an amount equal to your previous 24-hour urine (pee) output, **unless your renal team tells you otherwise.**

## Signs you are taking in too much fluid:

- › Unusual weight gain, like 3 kg (6.6 pounds) in a week or 5 kg (11 pounds) in a month
- › High blood pressure
- › Swelling of your hands and feet, and around your eyes
- › Shortness of breath

**Remember: SALT is a 4-letter word!**

S = Salty snacks, soups, sandwich meats

A = Always

L = Lead

T = To thirst and fluid intake

## Tips to control your fluid intake

- Measure and write down your fluid intake.
- Use small cups and glasses.
- Avoid salty foods. This can help to control thirst.
- Rinse your mouth with water, but **do not** swallow.

- Drink ice-cold fluids. They are more likely to satisfy your thirst.
- Chew gum or suck on hard candy. If you have diabetes, make sure these are sugar-free.
- If you have diabetes, try to keep your blood sugar controlled. High blood sugar can make you more thirsty.

**If you have questions about fluid intake, talk to your:**

- › Dietitian: \_\_\_\_\_
- › Dialysis nurse: \_\_\_\_\_
- › Kidney doctor or nurse practitioner:  
\_\_\_\_\_

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

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