Managing fluid and edema

Dialysis helps you feel your best by removing excess fluid from your blood. Swelling or puffiness in your ankles, hands, face or under your eyes is a sign of edema, which is caused by extra fluid.

Tips for checking for edema at home

It’s important to check for edema between your treatments:

- Firmly press a bony area of a lower limb with your finger for about five seconds.
- Check the length of time your finger imprint is visible and the depth of the imprint.
- Compare your results with the scale below and talk to your nurse.

Edema grading scale

- Disappears rapidly
- Lasts for 10-25 seconds
- Lasts for 1 minute
- Lasts for 2-5 minutes

Tips for managing your fluids

Try these tips to avoid swelling and reduce fluid gains:

- Shake off the salt and cook with herbs and spices for flavor.
- Check food labels and choose foods with a % Daily Value of less than 10% for sodium.
- Eat fresh and cut back on prepackaged or frozen meals.
- Some foods count as fluids too—monitor your fluid intake from all sources.

ARE YOU SEEING SIGNS OF EDEMA?

Talk to your care team and visit FreseniusKidneyCare.com to learn more about fluid management.