

Tips and tricks for fluid management and your dialysis diet

Limit fluid intake

- /// Avoid “fluid traps”—recognize when you’re drinking out of boredom or as a social habit.
- /// Wait 10 minutes until the fluid craving passes. Try counting up to 100, read or call someone before taking a sip.
- /// Spray your mouth with water instead of drinking.
- /// Keep yourself cool on hot days and avoid getting overheated. Use a mist bottle with a fan attached, wear loose-fitting clothing and pick shady spots if outdoors.
- /// Rather than taking medications with a drink, try taking with applesauce.

Quench your thirst

- /// Freeze your favorite beverage in a bottle and sip as the fluid melts.
- /// Freeze low-potassium fruits, like grapes, strawberries or blueberries.

Relieve dry mouth

- /// Try sugar-free gum and hard candy, lemon wedges and tart fruits for moisture without a lot of fluid.
- /// Rinse your mouth with water or mouthwash, just don’t swallow.
- /// Keep your lips moist with lip balm.
- /// Try breath-freshening spray.
- /// Consider use of over-the-counter products that provide symptom relief—such as moisturizing mouth spray.



SHAKE OFF THE SALT

Eating foods high in sodium (salt) will leave you feeling thirsty. Learn more about replacing salt with bold flavors at www.FreseniusKidneyCare.com/Salt.