



Heartland Kidney
Network

We're Here For You.

MY PLAN: HOW DO I CONTROL MY FLUID GAINS?

Keeping the amount of fluid you put on between treatments is important. "Fluid overload" is when you have too much fluid in your body. This can cause you to have discomfort and can be dangerous. Salt and sugar can make you thirsty causing you to drink more fluids.

WHAT ARE SIGNS OF TOO MUCH FLUID?

- Your weight goes up quickly – True weight gain usually happens over a longer period of time.
- Swelling – Excess fluid in the body can gather under the skin and collect around your ankles, hands and eyes.
- High blood pressure due to fluid build up in your bloodstream.
- Shortness of breath due to fluid in your lungs.

WHAT CAN HAPPEN TO ME IF I HAVE TOO MUCH LIQUID?

Long term effects:

- Congestive heart failure
- Pulmonary edema
- High blood pressure

Short term effects:

- Breathing difficulty
- Cramps
- Headaches
- Swelling

WHAT CAN I DO?

To keep your thirst down:

- Suck on ice chips
- Keep your mind occupied
- Spray your mouth with mint or lemon flavored water
- Brush your teeth, a clean and fresh mouth can make you want to drink less
- Limit sugar and salt intake, they are "thirst drivers"

To make sure your weight is correct:

- Weigh yourself first thing in the morning
- Wear the same clothing when weighing
- Empty your bladder and bowel before weighing
- Repeat your weight if you do not agree with it

MY QUESTIONS

Ask your Care Team: What should I do if I feel thirsty? How much am I allowed to drink? How can I measure how much fluid I drink in a day? How will I know if weight gain is fluid or body weight?

For more information or to file a grievance please contact the Heartland Kidney Network at: Heartland Kidney Network • 7306 NW Tiffany Springs Pkwy. • Suite 230 • Kansas City, MO 64153
Toll-Free Patient Line: (800) 444-9965 • net12@nw12.esrd.net • www.heartlandkidney.org

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