

# Controlling your Fluid Intake



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Saving *lives*,  
Improving *lives*

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## Why do I need to watch the amount of fluid I drink?

One of the main functions of the kidney is to balance the amount of fluid in the body.

When the kidneys don't work properly, they are unable to get rid of the excess water. Excess water in the body is called fluid overload or oedema.

## Signs of fluid overload

- Sudden increase in weight
- Swollen ankles, legs, tummy and/or face
- Shortness of breath
- Raised blood pressure.

## Causes of fluid overload

- Drop in the amount of urine you are passing
- Drinking too much
- Not counting food with a fluid content into your allowance
- Eating too many high salt foods.

## What can happen to your body when you are fluid overloaded?

- There is an extra strain placed on your heart
- In time your heart can become enlarged and become less efficient
- Increased blood pressure can increase your risk of stroke
- It can be difficult to move around
- You can find it difficult to breathe.

## Your fluid allowance

The daily fluid recommendation for each person varies a great deal. It is calculated for you by the medical team.

Over time, this may change depending on how much urine you pass.

Your current fluid allowance is:

## Managing your fluid allowance

Any fluid from food and drink needs to be counted within your fluid allowance.

Remember a fluid is classified as any food or drink that is liquid at room temperature such as soup, ice cream, jellies, ice cubes and ice lollies.

Staying within your fluid allowance can be difficult at times.

Use the table opposite to give you some idea of the amount of fluid quantity held in some food and drinks.

Mug	300-400mls
Cup	150-180mls
Small glass/tumbler	200mls
Larger glass/tumbler	300mls
Pint glass	600mls
Canned drink	330mls
Average beer bottle	330mls
Small glass wine	175-185mls
Large glass of wine	250mls
Scoop of ice cream	30-50mls
Ice cube	20mls
Average tin soup	400mls
Average pot of chilled soup	600mls
1 cup porridge	100mls
Tablespoon of gravy	15mls
Ladle of soup or gravy	100mls
Portion of curry sauce	200mls

## Milky puddings

To estimate how much fluid is in a milky pudding, take half the weight as a fluid guide.

For example a:

125g pot of yogurt = **63mls** fluid

a 400g tin of custard = **200mls** or rice pudding.

## As a guide

**150mls** = teacup or 1/4 pint.

**300mls** = mug or 1/2 pint

**600mls** = pint

**1000mls** = 1 1/2 pints



My cup =

## Helpful hints for fluid control

- Measure your cups, mug and glasses at home
- For bottles, cartons and cans check the fluid volume and try to choose a smaller one
- Use small teacup / glasses or half cups / glass for fluid, not mugs
- Spread your fluid allowance throughout the day
- For social events plan ahead and save some of your allowance for when you are out
- Take your medication with meals, unless advised otherwise. (Some tablets require little or no fluid to swallow if taken with food)
- Do not add salt to your food
- Reduce your intake of salty foods e.g. bacon, cured and tinned meats, crisps, salted nuts, stock cubes, gravy granules.

## The jug method

This is when you add your fluid allowance for the day into a measuring jug.

Each time you have fluids throughout the day you pour that amount out of the jug.

When the jug is empty you have used up all your days allowance. Your dietitian can help you with this.

## Salt and sugar

- The more salt you have the thirstier you become. It is impossible to stick to your fluid allowance if you are having too much salt. Please see our salt information guide.
- Try not to have too much sugar in your diet, which can also make you more thirsty.

## Thirst quenchers

- Suck on a slice of lemon, orange or lime to stimulate saliva
- Small handful of chilled fruit
- Rinse mouth with mouth wash or cold water (but don't swallow)
- Suck ice cubes or small ice lollies
- Suck sugar free mints or sweets
- Use chewing gum to stimulate saliva and freshen mouth.

For further information please contact the:

### Renal Dietitians

 **0161 206 1994**

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Discuss fluid management strategies with other people with chronic kidney disease, they might have thought of some techniques you haven't. It might be helpful to keep a record of you fluid intake in a diary.

## Notes

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