

Avoid Fluid Overload—Five Important Tips

Too much fluid in your body can have harmful effects on your health. Here are important tips on how to avoid this dangerous condition.

- 1. Check your habits.** Avoid snacking and drinking in front of the television or in any other situations that could make you less mindful of your intake.
- 2. Every ounce counts.** Keep a log to track how many ounces you drink during the day. Avoid drinking more than recommended by your doctor or dietitian. Here are some ways to help control your fluid consumption:
 - Measure how much fluid your favorite cup or glass holds, and post the number of ounces it holds on your refrigerator as a reference.
 - Order a small drink when ordering takeout meals to decrease the amount of fluid intake.
 - To control your thirst, try sucking on an ice chip, using saliva substitute products, or chewing sugar-free gum. Avoid tobacco, caffeine and alcohol.

- 3. Be mindful.** In times of stress we can crave comfort foods with added salt and sugar.
 - Look for renal-friendly alternatives to condiments that add salt or sugar to your foods. Some alternatives are pepper, herbs, spices, oil and vinegar.
 - Avoid sugary comfort food (especially if you have diabetes).
- 4. Don't miss out.** Do not skip or miss any of your dialysis treatments. Continuous removal of fluid in your body will prevent you from fluid overload, which, if severe, could require a trip to the hospital.
- 5. Know your body.** Fluid overload symptoms can include breathing difficulty if fluid has gotten to your lungs, or edema (swelling of the legs and arms). Notify your nurse or doctor immediately if you notice these symptoms.

If you have questions about your facility or to file a grievance, please contact your local ESRD Network:

IPRO End-Stage Renal Disease Network of New England (CT, MA, ME, NH, RI, VT)
1952 Whitney Avenue, 2nd Floor, Hamden, CT 06517
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IPRO End-Stage Renal Disease Network of New York (NY)
1979 Marcus Avenue, Lake Success, NY 11042-1072
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IPRO End-Stage Renal Disease Network of the South Atlantic (GA, NC, SC)
909 Aviation Parkway, Suite 300, Morrisville, NC 27560
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IPRO End-Stage Renal Disease Network of the Ohio River Valley (IN, KY, OH)
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v.2 1/5/2021



End-Stage Renal Disease Network Program

The IPRO End-Stage Renal Disease Network Program, ESRD contractor for Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, Vermont (NW1), New York (NW2); Georgia, North Carolina, South Carolina (NW6) and Ohio, Indiana and Kentucky (NW9) developed this material under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. CMS Contract Numbers: NW1: HHSM-500-2016-00019C; NW2: HHSM-500-2016-00020C; NW6: HHSM-500-2016-00006C; and NW9: HHSM-500-2016-00009C