

# Why is it important to maintain your prescribed fluid intake?

Drinking more fluid **LEADS TO** Removing more fluid during dialysis

When you need **A LOT** of fluid removed during dialysis, it can mean:

More time at dialysis

Feeling more tired

Experiencing cramps

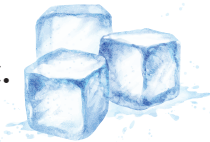
## How to measure and track your fluid intake

Know what counts toward your fluid intake:

✓ Coffee and tea



✓ Ice – cube, chips, pellets, etc.



✓ Juice

✓ Popsicles



✓ Soup



✓ Sorbet



✓ Gelatin or Jell-O

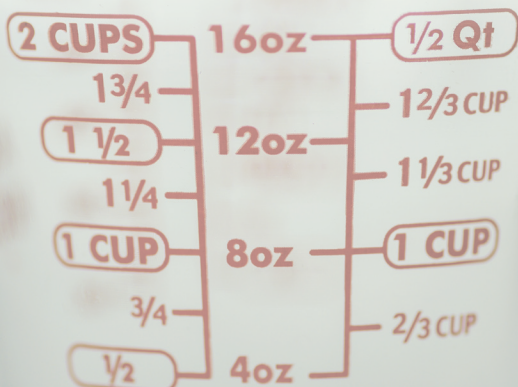


✓ Ice cream

✓ Milk and milk substitutes



✓ Sherbet



The foods and fluids on the list should be counted the same:

- ✓ 1 cup = 8oz fluid
- ✓ 1/2 cup = 4oz fluid
- ✓ 1/4 cup = 2 oz fluid

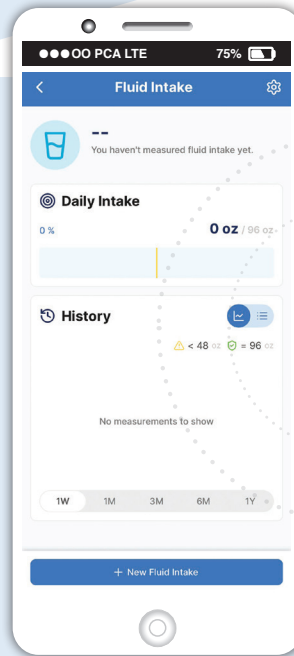
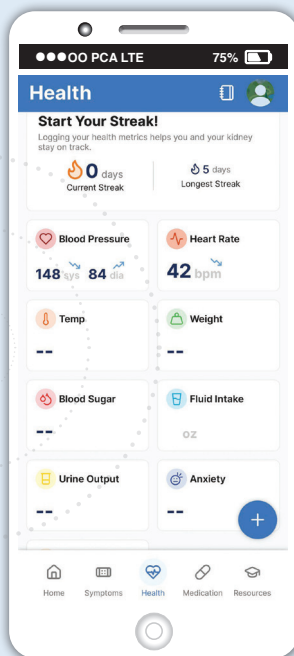
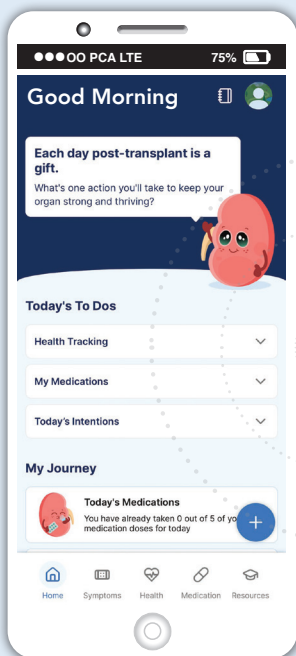
## Measure your total volume using one or more of these tips:

- ✓ Weigh your food or fluid with a food scale, making sure to zero out the scale after placing your dish or cup on top
- ✓ Use a measuring cup for serving food and drinks
- ✓ Prep your dishes – take time to measure and mark lines where  $\frac{1}{2}$  cup or 1 cup will fill to in your frequently used cups and bowls
- ✓ Use a pre-marked water bottle to track fluid intake throughout the day



Take charge of how you feel during and after dialysis by sticking with your fluid prescription.

Download our kidney-friendly app, **TransplantLyfe365**, to track fluids on the go.



 **Transplant**  
Lyfe365 APP

iPhone



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Developed by  
Patients and Doctors