

Chinese Haemodialysis Diet - Fluid

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Leaflet provided by:

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Why is fluid important?

We all need fluid but if your kidneys are not working too much fluid is bad for you.

Dialysis can take away some of this extra fluid, but if you do not limit your fluid intake it can be dangerous.

Too much fluid can make it hard for you to breathe (which is bad for your heart) and can make your ankles swell.

Where is fluid found in my diet?

All the liquids that you take during the day, e.g. tea, coffee, water, "tong sui", soft drinks, alcoholic drinks and soup must be counted as fluid.

Is there fluid in anything else?

Yes – many of the foods you eat contain fluid, e.g. congee and sauces. Crushed ice, ice-cream and jelly are mostly fluid too.

One scoop of ice cream is 50mls. Juice should be drained off tinned fruit before eating.

How do I know how much to drink?

You will be told how much you can drink. It is important you do not go over this. Measure how many cups, glasses or bowls this allows you.

Do not forget to include soups and sauces in your daily allowance and even sips of water taken with tablets must be counted.

What can I do if I am thirsty?

Try sucking a slice of lemon or a peppermint, a small ice cube or have some chewing gum and use a mouthwash to rinse your mouth.

Don't drink from habit. It is a good idea to use a small cup or glass instead of a large one, or fill your cup or bowl only halfway.

Here are some useful household measures:

- 1 teacup holds 180mls
- 1 average size glass, mug or small bowl holds 250mls

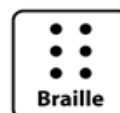
- 1 ice cube is 15mls
- 1 tablespoon is 15mls
- 1 teaspoon is 5mls
- 1 litre (1000mls) equals 1¾ pints
- 1 standard can of coke is 330mls
- 1 China soup spoon is 10mls

Your fluid allowance is _____ day

Contact details:

Dietitian name: _____

Telephone number: **0151 529 3473**



If you require a special edition of this leaflet

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Tel No: 0151 529 2906

Email: interpretationandtranslation@aintree.nhs.uk