

Tips for Fluid Control

Your daily intake of fluids should be determined by you and your nephrologist.

Fluid means any food or beverage that is liquid at room temperature.

The following items should be counted as **fluids**:

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| water | soups & broth |
| coffee & tea | hot cocoa |
| juice | soft drinks (soda, lemonade, etc.) |
| milk | ice cream |
| sherbet | fruit ice |
| gelatin | ice cubes & crushed ice |



How do I keep track of my fluid intake?

It may be helpful for you to keep a container near your sink to keep track of your fluid. Each day, start with an empty container. Then, each time you have liquid, pour an equal amount into the container. When you have reached your limit in the container, you should avoid taking any more fluid for the day.

How do I control my thirst?

- * Try to drink out of a small glass. This will help you to keep from drinking too much fluid. An 8 ounce glass (about the size of a Welch's jelly jar or a juice glass) is a good size. Use a measuring cup to find how much fluid your glasses and mugs hold.
- * Suck on lemon wedges or sour candies, which stimulate your saliva glands and help to keep your mouth moist. Add lemon or lime juice to your beverages.
- * Rinse your mouth with water, but then spit it out.
- * In the winter moisten the air by placing a pan of hot water on your radiator, or by using a humidifier.

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| 1 cup | = | 8 ounces |
| 1 pint | = | 16 ounces |
| 1 quart | = | 32 ounces |
| 1/2 gallon | = | 64 ounces |



