



## Fluid Management

One of the most important function of the kidneys is to remove extra water in your body. When your kidneys fail, you will no longer able to remove extra fluid from your body and cause fluid accumulation in the body. Therefore, taking too much fluid is harmful if you suffer from kidney failure.

The fluid fills up the body, puts extra pressure on many organs especially the heart. This excess fluid builds up in the lung and can lead to lung congestions. When this happen, you will have difficulty breathing. Urgent removal of the fluid through dialysis is required. If dialysis cannot be done urgently, your heart may stop.

Your doctor will be able to inform you the right amount of fluid to take and how you can adjust your diet in order to limit your intake.

### HOW DO I KNOW IF I AM TAKING THE RIGHT AMOUNT OF FLUID?

Fluid build-up in dialysis patients are measured by weight. 1 liter of fluid is roughly about 1 kg of weight. Your weight will be taken before and after each dialysis session. Interdialytic weight gain is calculated as bellow:

- **Interdialytic weight gain =**  

$$\frac{\text{Weight before HD today} - \text{Weight after HD (previous session)}}{\text{Weight before HD today}}$$

Generally, you are strongly advised not to exceed 3% interdialytic weight gain at each dialysis session.

Example:

- Dry weight is 50 kg
- Weight before dialysis today is 53.0 kg
- Weight after last HD 50.1 kg
- Your interdialytic weight gain =  $53.0\text{kg} - 50.1\text{kg} = 2.9\text{kg}$
- % of IDWG =  $2.9/50 \times 100\% = 5.8\%$
- % of IDWG of 5.8% is very high and this is not recommended
- The right IDWG for a person who weighs 50 kg should be around 1.5 to 1.8 kg only

## HOW DOES FLUID OVERLOAD AFFECT YOU?

### Swelling

Swelling in your feet, ankles, wrist, and face is a sign of too much fluid in your body. This is called edema.

### High blood pressure

The excess fluid in your blood stream makes it difficult for your body to keep a healthy blood pressure.

### Shortness of breath

The extra fluid in your body can enter your lungs, making breathing difficult.

### Heart problems

The extra fluid can affect your heart rate, the muscles of the heart, and may increase the size of your heart.

## HOW CAN I AVOID FLUID OVERLOAD?

### Track your fluid

Some patients use visual to help them see how much fluid they are taking in. Find a container that you can mark or keep a journal of every liquid you have on daily basis.

### Manage your thirst

Your dietitian can help you find ways to manage your thirst such as sugar-free hard candies, ice chips, or frozen grapes. This will help you avoid drinking too much fluid between dialysis treatments.

### Manage your sodium

Sodium, in the form of salt, causes your body to hold on to water. Too much salt in your diet makes you thirsty. Feeling thirsty will make you want to drink water and increase your chances of fluid overload. Many foods have hidden salt. As a dialysis patient, avoid processed food such as burgers, sausages, nuggets, crackers, cheese etc. Always read the food label.

### Manage your sugar level

If you have diabetes, high sugar level can stimulate thirst and makes you want to drink. Taking a sweet drink makes your sugar level higher and makes you thirstier. It is extremely important for your sugar level to be in the right range

### Adjust your dialysis

If fluid overload becomes a concern or issue, talk with your healthcare team about adjusting your dialysis treatment. Often longer or more frequent dialysis treatments are recommended to help remove extra fluid.

### ALWAYS SEEK ADVICE IF ANYTHING IS UNCLEAR

If you are unsure about anything regarding to fluid management or kidney health, please speak with a member of your DaVita Malaysia care team at our toll free number:

**1-800-180-780**

