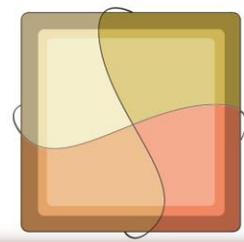


JANUARY



Fluid Management

Between treatments dialysis patient should drink **16-32 oz a day**. This amount is **not** based on the weight or size of a person but on protecting your heart. The **32 oz a day** will help to prevent permanent harm that can stretch the heart causing it to work harder to pump blood through the body. Once the heart is stretched out, it does not go back to its original size even after dialysis. (Materials to demonstrate this problem can be located on the Network 14 website at <http://www.esrdnetwork.org/patients-families/patient-education>). High fluid gains make dialysis treatments more difficulty/uncomfortable, produce tightness in the chest, and could lead to death. Fluid overload is a **major** cause of death in dialysis patients. **NOTE: EVERY dialysis patient is different; it is important to review your fluid allowance with your healthcare team**

Suggested Fluid Intake Schedule

| Amount* | Time of day |
|---------|-------------------|
| 4 oz | For a.m. medicine |
| 4-8 oz | For a.m. meal |
| 4-8 oz | For noon meal |
| 4-8 oz | For p.m. meal |
| 4 oz | For p.m. medicine |

- Fluids from food and liquid should be included in the **32 oz**

Conversion Chart

| Fluid intake | equals | Weight gain |
|-----------------------------|--------|-----------------------------|
| 1 cup or 240 milliliters | | 0.5 pound or 0.23 kilograms |
| 2 cups or 480 milliliters | | 1 pound or 0.45 kilograms |
| 4 cups or 960 milliliters | | 2 pounds or 0.91 kilograms |
| 6 cups or 1440 milliliters | | 3 pounds or 1.36 kilograms |
| 8 cups or 1920 milliliters | | 4 pounds or 1.82 kilograms |
| 10 cups or 2400 milliliters | | 5 pounds or 2.27 kilograms |
| 12 cups or 2880 milliliters | | 6 pounds or 2.73 kilograms |

Drinking more is a serious danger!

My personal fluid intake goal between treatments is _____ cups.

This information was created BY ESRD patients FOR ESRD patients! To file a grievance or for questions, contact the ESRD Network of Texas at 1-877-886-4435 (phone), 972-503-3219 (fax), info@nw14.esrd.net (email), 4040 McEwen Rd, Suite 350, Dallas, TX 75244, or www.esrdnetwork.org

