



Public Health Education & Public Health Nursing Programs

ALERT: Heat Advisory issued June 6, 2024 – Temperatures up to 102 expected (NWS Alert)

BEAT THE HEAT! American Kidney Fund®

Stay hydrated without overdoing fluids

FLUID INTAKE
When you are on dialysis, fluid (water) builds up in your blood between treatments. Here's some helpful info on fluid management. Ask your dietitian how much fluid you should have each day.

Things to keep in mind . . .

- Extra fluid in your body can make your dialysis treatments more difficult.
- Too much fluid can cause swelling, high blood pressure, trouble breathing and heart failure.
- Salty foods like chips and pretzels make you thirsty.

ASK your doctor or pharmacist if any of your medications cause dry mouth.

DRINK slowly out of smaller cups.

CHEW sugar-free gum.

CHILL or freeze fruit for a refreshing snack.

FREEZE juice in an ice cube tray and eat it like a popsicle.

CHOOSE unsalted snacks.

SUCK on a lemon slice or sugar-free sour candy.

REMEMBER! Ice cream, Jell-o, soup and other liquid-based foods count as fluids, too--be careful to watch your intake of fluids.

DROPS OF ADVICE

For information call Public Health Education or Health Education Program (505) 552-6652.