

# Department of Nutrition and Dietetics

## Renal Disease: Fluid allowance

**This information should only be used by patients with renal disease and should only be followed with supervision from a Dietitian.**

It is important to control your daily fluid intake as your kidneys are not able to regulate the amount of fluid in your body. Symptoms and complications of fluid overload include the following:

- Swelling of the hands, feet, face and legs.
- Increased blood pressure (due to an increase in the water content of the blood). This can weaken the heart and increase the risk of stroke and heart attack.
- Shortness of breath or breathlessness. Fluid may remain in the lungs and lead to chest infection

**Your daily fluid allowance is ..... mls**

Remember to count all your drinks within this allowance, including water and drinks taken with medication, and any nutritional supplements you may be taking.

Some foods will also contribute to your fluid intake.

**This list gives an approximate guide to the fluid content of the following foods and drinks:**

1 cup	= 150-200mls
1 mug	= 300mls
Bowl of soup	= 200mls
Bowl of rice pudding	= 200mls
Custard	= 100mls
Gravy	= 20mls
Ice cubes	= 15-30mls
Gravy in stew or curry	= 50-150mls
Yoghurt	= 125-150mls



## Patient Information

Milk just covering cereal = 100mls

½ pint beer or lager = 280mls

**It will help to measure the volume of a cup or glass you often use and always try to use this one.**

### **Useful hints to help you to cut down on your fluid intake:**

- Try smaller cups. Change your mug to a cup;
- Be aware of how much you are drinking in a social situation;
- Have drinks between meals instead of with meals;
- Ice cubes last a lot longer than water. Ice cubes made with lemonade or squash are particularly refreshing. You could try sugar free ice pops, but remember to include fluid content in your allowance;
- Suck on sweets such as mints, boiled sweets, sherbet sweets and chewing gum. Try sugar free mints to protect your teeth and gums, or if you are diabetic;
- Chilled fruit will quench your thirst, or keep a tin of fruit in the fridge to eat throughout the day;
- Use a mouthwash or cold water to rinse out your mouth, but do not swallow it;
- Try to take medications with food where possible, this may help to reduce fluid used to take medications;
- Various dry mouth products such as gels, mouthwashes and toothpastes are available from your pharmacy. Ask your Dietitian for samples and more information.

**Do not add salt to your food and avoid salty foods as they will make you thirstier. More information on salt in food is available from the Dietitian if required.**

**Warning: Star fruit contains a chemical which can be extremely dangerous to people with kidney problems. These should be avoided.**

### **Further Information**

This leaflet was produced by the Coventry Renal Dietitians, University Hospitals Coventry & Warwickshire NHS Trust.

If you have any more questions, please contact the team on 024 7696 615

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6151 and we will do our best to meet your needs.

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