



Fluids

You need water to live, but when your kidneys are badly damaged, you may not need as much. This is because your kidneys cannot get rid of the extra fluid in your body. When that happens, the extra fluid can build up in your body and cause your hands, feet or face to swell. You might also notice that you weigh more. Too much water in your body can even put pressure on your heart and lungs.



If your doctor tells you to limit your water and fluids, you will need to cut back on how much you drink. You will also need to cut back on some foods. Soup or foods that melt, like ice cream or gelatin, have a lot of water. Many fruits and vegetables are high in water as well.

How much you need to limit your water depends on your stage of kidney disease and your treatment. Talk to your doctor or dietitian to find out how much water you should have each day. To help quench your thirst, you might try to:

- Suck on a mint or piece of hard candy
- Chew gum
- Have a piece of ice (make sure you count this toward your fluids for the day)
- Eat a small piece of cold fruit
- Rinse your mouth
- Limit how much salt (sodium) you have
- Avoid very sweet foods
- Drink from small cups

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