

# FLUID MANAGEMENT

## Fluid Management

### How much fluid can a person with chronic kidney disease on haemodialysis drink?

Fluid allowance is usually limited to 800ml to 1000ml a day for haemodialysis patients who are no longer able to urinate. Those whose kidneys are still able to remove some fluid, their fluid restriction may be increased. Individual goals for weight gain between dialysis treatments must be determined by the doctor, and may vary based on body size and other considerations. So, do check with your doctor for advice on your daily fluid allowance.

Dialysis patients are also advised to weigh themselves daily to keep track of their weight and fluid balance. This helps to better manage weight gain between dialysis sessions. It is important to control the amount of fluid intake to prevent the body from fluid overload which causes many complications.

### Why is it important?

Fluid intake for a haemodialysis patient is limited between dialysis sessions as the kidneys have lost the ability to make urine to remove excess fluid from the body. Excess fluid can cause hypertension, heart problems, and shortness of breath. There may also be build up of water which causes swelling in the face, legs and arms. To prevent these complications, it is important to follow the daily fluid allowance ordered by your doctor.

### How do I keep to my fluid allowance?

- Count all fluids you take. Hidden fluid such as, sips of water, ice cube, gravy, soup, gelatine, watermelon, oatmeal and porridge are counted as part of your fluid allowance.
- Measure your favourite cup or mug, so that you will not under or overestimate the amount of fluids you drink.

- Try to reduce salt intake as this will help to reduce thirst. Avoid adding salt and other sauces to your food.
- Keep away from salty foods such as, bacon, ham, salted products, cheese and canned foods and other salty food.
- Substitute salt with garlic, onions, herbs or spices to enhance flavour to your cooking.
- Instead of a few large drinks, divide them out into smaller and frequent portions. You may want to use a smaller cup.
- Sip or use a straw for drinks as this will last longer.
- When you feel thirsty, you can rinse your mouth, clean your teeth or use mouthwash to freshen your mouth and throat.
- Try squeezing some lemon juice into the water or suck on a slice of lemon. This helps to stimulate salivation.
- Some people find that sucking sweets help to quench thirst. Choose sugar-free sweets if you are a diabetic.
- Keep yourself busy. This can distract you from thinking about water.
- Weigh yourself daily to check your weight gain. If you are on haemodialysis, you should not put on more than 1.5 to 2 kg between dialysis.
- When in doubt about your fluid allowance, always discuss it with your renal doctor, dietician and dialysis nurses.

### Planning the daily fluid intake

These are a few steps you can take when managing your fluid intake:

- 1) Fill your water bottle with your prescribed fluid allowance at the beginning of the day.

- 2) Choose a water bottle with markings for volume or you may measure your water bottle before use. For example if your fluid allowance is 1000ml, the water bottle is 500ml, then you have to fill 2 bottles or fill the same bottle twice.
- 3) Drink from this water bottle throughout the day.
- 4) You can still enjoy your favourite drinks or soups. To keep track of your fluid allowance, pour away the amount you just drank from the water bottle.

### Common Measure of Fluid

1 can drink	330ml
1 packet drink	250ml
1 full coffee mug	300ml
1 full tea cup	200ml
1 full glass	200ml
1 scoop ice-cream	60ml
1 standard ice cube	30ml
1 tablespoon fluid	15ml



**You may visit these websites for more information:**

<http://www.kdf.org.sg/health.aspx>

<http://www.davita.com>

<http://www.uptodate.com/patients/index.html>

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# 血液透析病患的液体控制



血液透析病患若无法排尿，每天可摄入的液体量通常限制于800至1000毫升。

## 血液透析病患的液体控制

### 血液透析治疗的慢性肾病患者的液体摄取量是多少？

血液透析病患若无法排尿，每天可摄入的液体量通常限制于800至1000毫升。若病患者的肾脏还有排尿的功能，那限制的液体量摄入能够随着增加。医生会决定个别病患在透析疗程之间可增加体重的目标，同时也依据个人的体型和其他考量而各有不同的液体摄入量。

医生建议病患每天需测量和记录自身的体重，注意体重的增加和液体的平衡。这将能使病患更好地管理透析疗程之间的体重增加。因此，为了避免身体因液体过多而导致并发症，就必须控制液体摄取。

### 为什么控制液体摄取那么重要？

当肾功能失去时，病患无法排尿而需要进行血液透析治疗以除去多余的水分。在透析疗程之间，患者必须限制液体的摄取量。因过多的液体量，会导致高血压、心脏问题及呼吸急促，同时也可能因液体囤积而引起脸部与手脚肿胀。因此，为了避免以上的并发症，遵从医生所指示每日液体的摄取量。

### 要如何控制液体的摄取？

- 各类液体的摄取量都必须计算，包括不明显的液体如吸一口水、冰块、酱汁、汤、凝胶、西瓜、麦片和粥，都必须计算在您的液体限制量内。
- 测量您最喜欢的杯子容量，这样您所摄入的液体量就不会计算错误。
- 减少食盐的摄取，这可减少口渴的感觉。避免再加入盐或其他酱料在食物里。

- 避免吃含高盐分的食物如火腿、腌肉、腌渍品、乳酪、罐头食物和其他咸食。
- 在烹煮时，使用蒜头、葱、香草或香料，代替食盐并增添食物的美味。
- 与其用大杯喝饮料，不如用小杯喝。这样可以分成多次小分量喝。
- 尝试啜饮或使用吸管，这能让您喝上更长的时间。
- 当您感觉口渴时，您可用水漱口、清洗牙齿，或使用漱口剂让口腔与喉咙感觉清爽。
- 可尝试在饮料中加柠檬汁或口含柠檬片，这有助于刺激唾液分泌。
- 有些人觉得吃糖果可助于解渴。但若是糖尿病患者，请选择无糖分的糖果。
- 尽量使自己忙碌，这样您就不会一直想着喝水。
- 每天检测您的体重，并观察体重的增加。如果您在接受血液透析治疗，在透析治疗之间，体重不能增加超过1.5至2公斤。
- 如果您对自己的液体限制有疑问，可随时请教您的肾科医生、营养师或透析治疗护士。

### 每天的液体摄取计划表

以下是几个简单方法可帮助您控制液体的摄取：

- 1) 每天早上，装着一瓶您每日所限制的水量。
- 2) 选择一个有容量标记的水瓶，或在使用前计算水瓶的容量。例如，如果您的限制液体摄取是1000毫升而水瓶的容量是500毫升，那您必须装一样的两瓶水或同样的水瓶装两次。

- 3) 一整天里，需要从装好的水瓶喝水。
- 4) 您仍可喝您喜欢的饮料或汤水。但是为了维持您的液体量限制，您必须根据您已经喝的分量将水瓶里相等的容量倒掉。

液体的一般容量	
一罐装的饮料	330毫升
一包装的饮料	250毫升
一个盛满的咖啡杯	300毫升
一个盛满的茶杯	200毫升
一个盛满的玻璃杯	200毫升
一勺的冰淇淋	60毫升
一块标准的冰块	30毫升
一大汤匙的液体	15毫升



### 欲知详情，可参阅以下的网址：

<http://www.kdf.org.sg/health.aspx>  
<http://www.davita.com>  
<http://www.uptodate.com/patients/index.html>

