

# Tips and tricks for fluid management and your dialysis diet

## Limit fluid intake

- ✓ Avoid “fluid traps”—recognize when you’re drinking out of boredom or as a social habit.
- ✓ Wait 10 minutes until the fluid craving passes. Try counting up to 100, read or call someone before taking a sip.
- ✓ Spray your mouth with water instead of drinking.
- ✓ Keep yourself cool on hot days and avoid getting overheated. Use a mist bottle with a fan attached, wear loose-fitting clothing and pick shady spots if outdoors.
- ✓ Rather than taking medications with a drink, try taking with applesauce.

## Quench your thirst

- ✓ Freeze your favorite beverage in a bottle and sip as the fluid melts.
- ✓ Freeze low-potassium fruits, like grapes, strawberries or blueberries.

## Relieve dry mouth

- ✓ Try sugar-free gum and hard candy, lemon wedges and tart fruits for moisture without a lot of fluids.
- ✓ Rinse your mouth with water or mouthwash, just don’t swallow.
- ✓ Keep your lips moist with lip balm.
- ✓ Try breath-freshening spray.
- ✓ Consider use of over-the-counter products that provide symptom relief—such as moisturizing mouth spray.



### SHAKE OFF THE SALT

Eating foods high in sodium (salt) will leave you feeling thirsty. Learn more about replacing salt with bold flavors at [www.FreseniusKidneyCare.com/Salt](http://www.FreseniusKidneyCare.com/Salt)