

Fluid Guide

What's going in?

**Information for families of children with
Chronic Kidney Disease**

**Department of
Dietetics and Nutrition**



This document can be provided in different languages and formats. For more information please contact:

Nottingham Children's Hospital
Queen's Medical Centre Campus
D Floor, East Block

Children's Dietitian:



Nottingham
Children's
Hospital

We are here for you

Keeping to your fluid restriction is very important

Why? Insert picture of heart

Excess fluid can increase your blood pressure, which in turn can affect the health of your kidneys and heart.

If you are on dialysis, your session time may need to be extended to remove the excess fluid.

My fluid restriction is:

Daily allowance:.....

Allowance for meals:.....

Allowance before 12 noon:.....

Allowance before 4pm:.....

Allowance before 9pm:.....

Don't forget to include these 'hidden fluids' in your fluid restriction!

- Yogurt*
- Custard*
- Ice cream
- Ice cubes
- Sauces such as mayonnaise*, ketchup*, mint sauce*
- Soup
- Jelly

*include half the total volume in the fluid count e.g. 100g pot of yogurt contains approximately 50ml fluid

Helpful hits on how to stick to your fluid allowance

- Know how much fluid you are allowed each day
- Remember to allow approximately 100ml as part of **each meal**. This includes yogurts, gravy, water absorbed during cooking.
- Divide the remaining fluid between meals, and snacks throughout the day.
- Avoid salty food, they increase thirst.
- Suck on ice, lemon wedges, hard sour boiled sweets, sugar free mints, chew thirst-quenching or sugar free gum, rinse your mouth (don't swallow) with cold mouthwash, use breath spray or eat frozen low potassium fruits (grapes, strawberries).
- Take medications with meal time liquids.



When you are at home

- Use a smaller glasses or mug; this mean you can have a whole glass instead of half without going over your allowance/limit.
- Measure the mugs and glasses in your home so **you know how much each of them holds.**
- Remember to count hidden fluid like milk on cereal/soup/ice/jelly/custard (see p.2-3)
- Measure a jug of water every morning containing your daily allowance. As the day goes by, pour from the jug for drinking, cooking or making ice cubes.
- Add garlic, onions, herbs or spices to food for extra flavour instead of using salt in cooking.
- Place cans or small drinks in a fridge or freezer compartment for up to one hour (NOT longer). Ice cold drinks last longer and quench thirst more effectively.
- On hot days, crushed ice with a slice of lemon can be very refreshing. Ice counts as fluid (crushed or cubes). Add it to your total.
- Use a drinking straw to make drinks last longer.



When you are out and about

- When eating out from home it is important to limit fluids.
- Take away foods contain additional salt which can make you thirsty, it is essential that you know how much you are drinking.
- Take a measured allowance with you in a water bottle.
- Keep a record of how much you have drunk or take a photo on your mobile phone
- Ask for “half a cup...” or a “small glass”.... And remember you don’t have to drink it all.
- Go for a diet soft drink as sugar can make you thirsty and always add ice as cold drinks last longer.
- Have a waiter remove your water glass to avoid temptation.



When fluid overload becomes a concern

When fluid overload becomes a concern, it may be necessary to include the water absorbed when boiling pasta, rice, or couscous.

In order to get an estimate of the absorbed water multiply the dry weight of the food product by 2. For example 100g of dry pasta will absorb 200ml water ($100\text{g} \times 2 = 200\text{ml water}$).

Notes:

Nottingham Children's Hospital

Children's Dietitians

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Queen's Medical Centre Campus
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Nottingham
NG7 2UH

Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

Freephone (City Hospital Campus): 0800 052 1195

Freephone (QMC Campus): 0800 183 0204

From a mobile or abroad: 0115 924 9924 ext 85412 or 82301



Minicom: 0800 183 0204

E-mail: pals@nuh.nhs.uk

Letter: NUH NHS Trust, c/o PALS, Freepost NEA 14614,
Nottingham NG7 1BR

www.nuh.nhs.uk

If you require a full list of references for this leaflet please email patientinformation@nuh.nhs.uk or phone 0115 924 9924 ext. 87754.

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