

## Managing Your Fluid Balance



Having too much or too little fluid in your body increases the risk of complications. Monitoring your fluid status is an important part of your daily dialysis routine.



### Fluid Overload

#### **Too much fluid in your body**

Fluid overload is caused when fluid intake is significantly greater than fluid removal.

#### **Common Signs of fluid overload**

- Puffy eyes, face, feet, or legs
- High blood pressure
- Weight gain
- Headache
- Coughing
- Shortness of breath
- Difficulty sleeping in a flat position

#### **What to do**

- Call your center
- Inform your PD nurse about any changes you observe in your urine volume.
- Restrict fluid intake
- Decrease your salt intake



### Dehydration

#### **Too little fluid in your body**

Dehydration is when fluid intake is significantly less than fluid removal. Diarrhea and vomiting are common causes of dehydration.

#### **Common Signs of dehydration**

- Dizziness
- Feeling faint
- Weight below dry weight
- Low blood pressure
- Nausea
- Sweating
- Cramps

#### **What to do**

- Call your center
- Drink a rehydration drink
- Follow your nurse's instructions for adjusting dextrose strength in your dialysate.

**My "ideal" weight** \_\_\_\_\_

An ideal weight is a bodyweight with not too much or too little fluid.

**Important:** This card is for informational purposes only and is not intended to be medical advice. Questions regarding treatment should be directed to your physician or qualified healthcare provider.