

Fluid Intake it's NO laughing matter



• Puffy  eyes

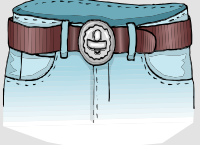
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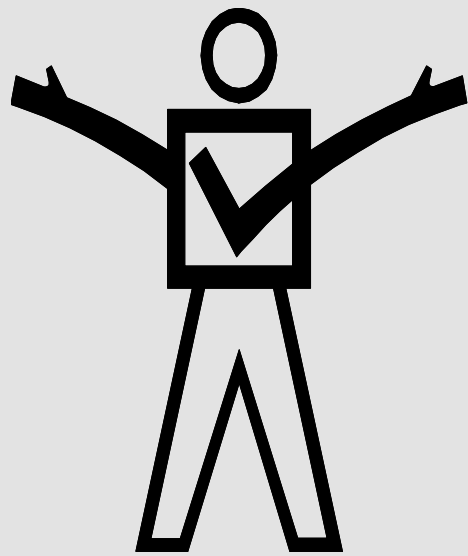
• Swollen  ankles

• Breathlessness 

• High blood  pressure

• Feeling  sick

• Tight clothing, tight  belt



To Get in Balance

Ask Your health care team:

- How much fluid should I drink a day?
- Should I reduce salt intake?
- Are there foods high in fluid I should avoid?
- Can I have any alcoholic beverages?

Remember to:

- Follow your renal diet. Cut down on foods that make you want to drink water (like salty/spicy/dry foods).
- Take your medications.
- Make your fluids last longer.



Facilitating the achievement of optimal
wellness for kidney disease patients.

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Published under CMS contracts 500-03-NW09 & 500-03-NW10

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