

Feel your best on dialysis

Manage your fluids and sodium to stay healthy



Less salt = less thirst = feeling better

Too much sodium can make you feel thirsty and can also cause fluid to build up in your body.

Less salt will help you:



Control your thirst



Avoid swelling



Keep your heart stronger

Tips to eat less salt:



Look for “no salt added” or “low salt” on canned food



Cut back on packaged or frozen foods



Avoid fast food



Eat smaller portions of salty foods

If you're thirsty, try:



Rinsing your mouth with water



Chewing sugar-free gum or sucking on hard candy



Waiting 10 minutes for the craving to pass



Freezing low-potassium fruits to slowly eat (grapes, blueberries)

Signs of extra fluid in your body:



Swelling in feet or hands



Shortness of breath

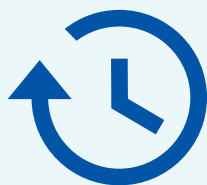


Fast weight gain between treatments



Headaches and low energy

Stick to your dialysis plan to manage fluid buildup.



Stay for the full treatment time



Don't miss treatment



Reschedule if you can't make it

We're here to help!



Questions? Talk to your care team.