

FLUID MANAGEMENT IN PD PATIENTS



DANGERS OF FLUID OVERLOAD

Fluid overload can be caused by a normal to increased intake of fluids and a decrease in urine excretion.

Large fluid gains can be stressful on a person's heart and lungs. Short-term effects of fluid overload include cramps, headaches and breathing difficulties.

That's why it's important to monitor and keep fluid gain low.

Your efforts in limiting fluid intake can affect your immediate well-being and your long-term health and minimize serious health problems.

Repeated overloading your system with fluid makes your heart work harder and may lead to heart problems.



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SIGNS OF FLUID OVERLOAD

- Increased weight gain
- Puffy skin
- Swollen hands, ankles and feet
- Puffy eyes
- High blood pressure
- Shortness of breath

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PREVENTION OF FLUID OVERLOAD

Avoid salty and spicy foods because it can cause thirst and water retention.



Balance intake and output. Measure or weigh your drain bags, this will help you determine how much you can drink till the next bag change. Taking into consideration your urine output. Dialyse every day as prescribed.

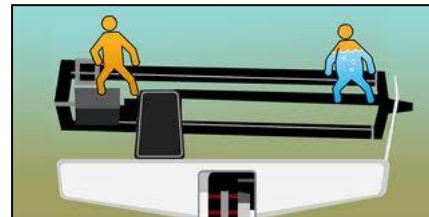
Try to drink medication with meals.

Weigh yourself daily if possible

Keep a daily food and fluid diary.

Avoid the following it can make you thirsty: dressing too warm, high blood glucose.

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Everything in life is about choices
Choose life
Be informed
Don't be ignorant
It can cost you your life

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TREATING FLUID OVERLOAD

- The most effective treatment of fluid overload is the prevention.
- Contact treating unit immediately when you are fluid overloaded.
- Dialyse with 2.5% or 4.25% as suggested by unit staff.
- Reduce fluid intake
- Ensure optimal drainage when doing bag change.
- Increase protein intake while fluid overloaded.
- Avoid constipation and treat it effectively.

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