

Keeping to your daily fluid allowance: information for children and young people

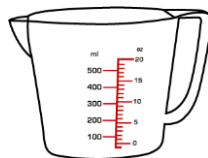
If your kidneys are not working properly you may need to restrict the amount of fluids or liquids you drink. Healthy kidneys remove extra fluid from your body. Your doctor or specialist nurse will tell you how much fluid you are allowed to drink per day. This information sheet from Great Ormond Street Hospital (GOSH) tells you about the small changes you can make to your diet, which can help you to keep to your daily fluid allowance.

It is really important to stick to your fluid allowance as too much fluid can make you puffy and increase your blood pressure. This can affect your eyes, heart and brain and may cause shortness of breath and difficulty breathing.

Alternatively, if you have had a kidney transplant you may be asked to increase your fluid intake as you will need to drink adequate fluid to keep your new kidney working. Your doctor will tell you your daily fluid target.

Your doctor will tell you what your fluid restriction or target is.

It is important to remember this volume.



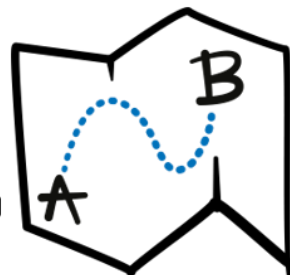
My daily fluid allowance / target is: _____ ml/day.

Measure the volume of fluid in your usual glasses, cups or bottles at home to help you judge how much you drink. You may find it helpful to make notes of these volumes.

My drinking bottle = _____

My mug = _____

My glass = _____



As a rough guide:

| | | |
|------------------------------------|---|-------|
| 1 glass | = | 200ml |
| 1 mug | = | 300ml |
| 1 can | = | 330ml |
| An average bottle of mineral water | = | 500ml |
| 1 tablespoon | = | 15ml |
| 1 small ice cube | = | 15ml |

Managing your fluid allowance

It is often really difficult keeping to your allowance so here are a few tips!

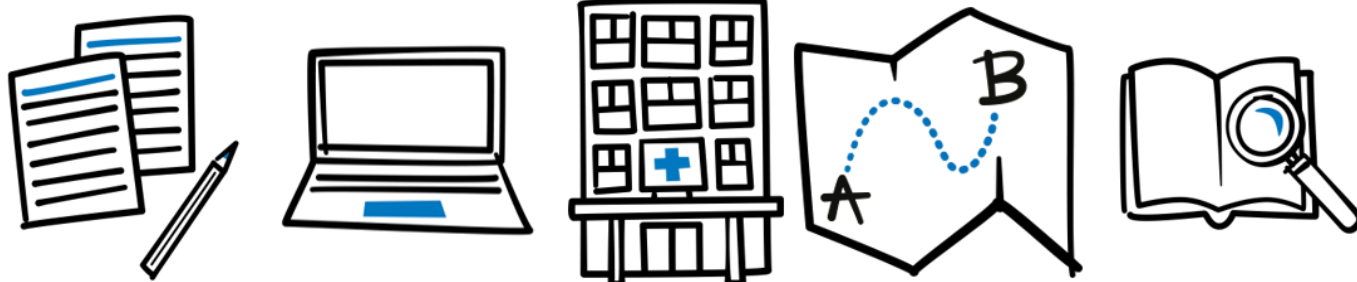
- Salt makes you very thirsty so try to avoid it. Flavour your food with garlic, herbs, lemon, or reduced salt seasoning rather than using salt (see Reducing your salt intake diet sheet for more information). Do not use salt substitutes e.g. LoSalt, Saxa So-Low, Morton Lite Salt, Tesco Reduced Sodium Salt as they are not suitable for people with kidney problems.
- Ice cold drinks may help reduce thirst.
- Using a drinking straw can make drinks last longer.
- Try to take medications with just small sips of liquids or with a fruit puree, sorbet or other soft foods.
- Chewing on sugar free mints, gum or sucking on a lemon wedge can stimulate saliva and moisten your mouth to make you feel less thirsty.
- Sucking on a frozen fruit piece (such as a clementine segment, strawberry or grape) or on an ice cube made out of your favourite drink or fizzy water may also help. The ice cubes will still have to be counted as part of the fluid allowance.
- Spread your fluid allowance out over the day – do not drink it all at once.
- Brush your teeth more often to freshen your mouth.
- Keep lips moist by using lip balm.
- Remember to count the milk you add to your cereal.

Foods with a high fluid content

Most foods contain fluid however some foods are higher than others, for example:

- | | |
|-----------|-----------|
| • Jelly | • Sauces |
| • Custard | • Soup |
| • Gravy | • Yoghurt |

Try not to eat a lot of these foods if you are on a reduced fluid allowance. However, if you find this difficult and are eating these foods daily, you may need to count them in your fluid allowance. Discuss this with your dietitian who may adjust your fluid allowance together with the doctors.



This diet sheet may not be suitable for all children with kidney disease.

Please refer to a paediatric dietitian to discuss your particular needs.

Further information and support

- The infoKID website offer information on kidney diseases and their treatments – www.infoKID.org.uk
- The kidskidneydiet app is an interactive educational app for children and families. It is available for Apple devices – visit the Apple Store for details. Note: No version for Android devices is currently available.

We advise all children with Chronic Kidney Disease to avoid Star Fruit

Please note: This information sheet should only be used under the supervision of a medical professional and may not be suitable for every child. Although every care is taken when compiling this information sheet, manufacturers may alter ingredients of foods and drinks without warning. You should always check the ingredients label. This information sheet may include brand names but in many cases, alternatives (including supermarket own brands) may be suitable. Including specific products in this information sheet does not mean we are recommending them.

