



# Managing your own fluid balance

**This leaflet is a guide to managing your fluids.**

## Why are you asking me to monitor my fluid balance?

One of the main kidney functions is to maintain the right amount of fluid in your body. With kidney failure, a common problem is not being able to get rid of excess water as your kidneys produce less urine. You may be receiving dialysis to help remove excess water.

If you are not passing enough urine, you may find that your body swells up as fluid builds up. If you are upright (on your feet), due to gravity this often starts with your ankles before spreading up the body. If you are lying flat, the excess fluid may settle in or around your lungs, causing you to be short of breath (a dangerous condition called 'pulmonary oedema').











If your kidneys are not getting rid of excess fluid well enough, you should reduce the amount of fluids that you drink. Some patients have greater fluid restrictions than others (anything from a limit of half a litre a day to 1.5 litres a day).

If you are on fluid restriction, your doctor or nurse will tell you how much you can safely drink and you will be asked to maintain a fluid chart while you are on the ward. The ward staff will give you a fluid chart so you can record the volume of everything you drink and the volume of urine that you pass. This information forms part of your day-to-day review on the doctors' rounds.

Please see below for the average volumes of cups and bowls used on the ward.

In addition, please record the volume of any drinks brought in from elsewhere that you take (the volume will be on the label of the carton/can/bottle).

## Fluid intake: average volumes

Cup		180ml	Milk on cereal		Assume 140ml
Beaker		180ml	Ice cream tub		55ml
Small pot of orange juice		80ml	Jelly pot		100ml
Soup bowl		150ml	Milk pudding		150ml
Yoghurt pot		Assume 100ml is fluid	Custard		100ml

## **Fluid output: passing urine**

You will be given bottles/bedpans when you pass urine. **Please ask a member of staff to measure it** and tell you the volume for you to record.

Thank you for your co-operation

Victoria Ward

Tel 0118 322 7476

## **Friends and Family Test**

While you are in the hospital, you are likely to be asked to fill in the Friends & Family test. Please spare a few seconds to fill in your responses and either give the card to a member of staff or post it in the box provided on the ward. Your feedback can help us assess and, if necessary, improve our services.

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

<b>Please ask if you need this information in another language or format.</b>
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