



Royal Berkshire
NHS Foundation Trust

Managing your own fluid balance:

A guide for renal patients

Why are we asking you to monitor your fluid balance?

One of the main functions of your kidneys 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 accumulates. If you are upright, this often starts with your ankles, due to gravity, 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 will have to reduce the quantity you drink. Some patients have greater fluid restrictions than others (anything from half a litre a day to 1.5 litres a day).

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

Please see the next page 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).

Average volumes

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

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 the Friends & Family test question – *How likely are you to recommend our service to family and friends if they needed similar care or treatment?* Please spare a few seconds to fill this in and either give it 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.

More information

Visit the Trust website at www.royalberkshire.nhs.uk

This document can be made available in other languages and formats upon request.

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