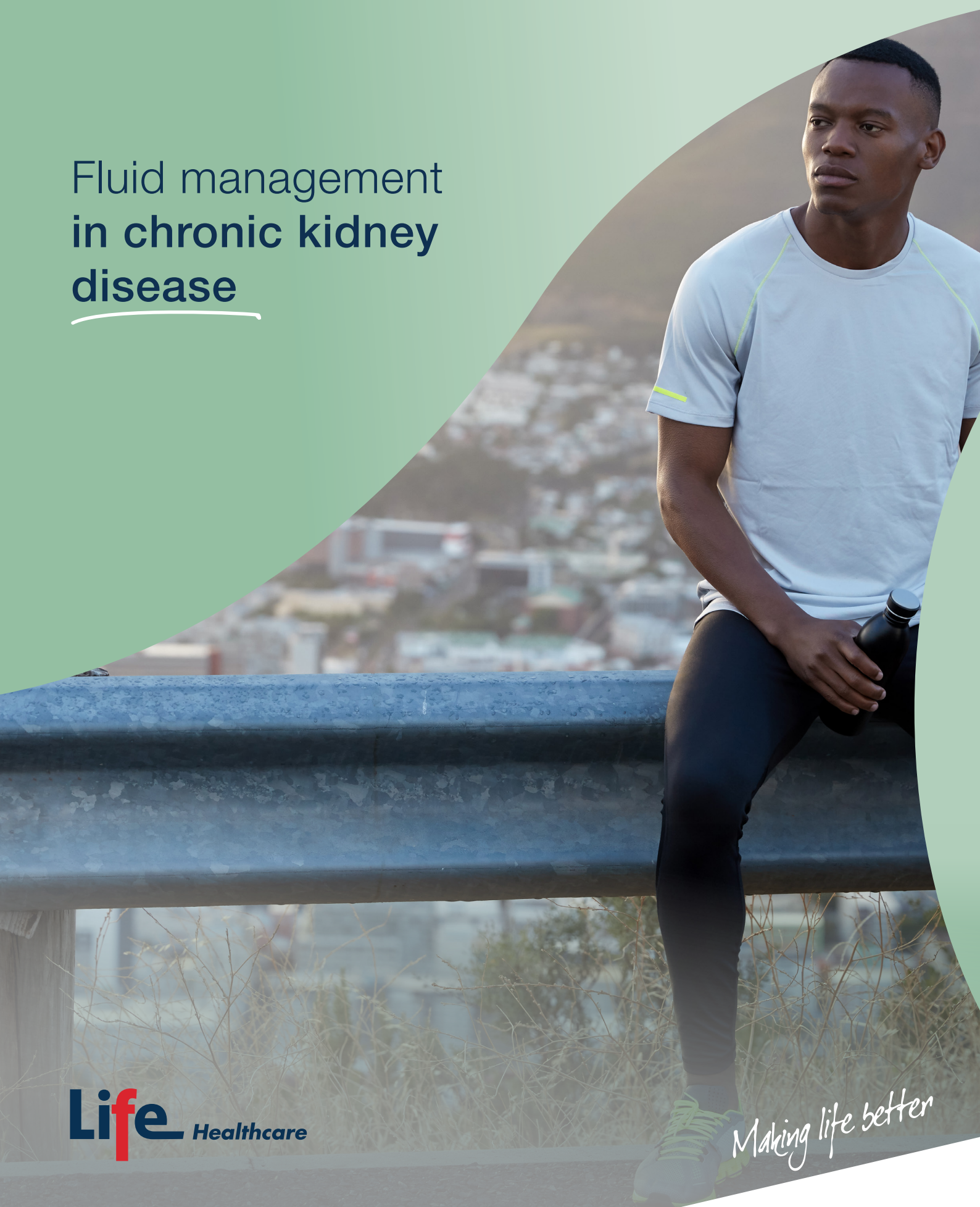


Fluid management in chronic kidney disease



Why should we limit our fluid intake in chronic kidney disease (CKD)?

One of the main functions of healthy kidneys is to balance the fluid in our bodies. When the kidneys are damaged, they can no longer fulfil this role, which can result in fluid overload. Fluid overload is detrimental to your health as it places a burden on the heart (which needs to work harder) and the lungs (causing shortness of breath). Sudden weight gain and swelling can be signs that your fluid intake is too much for your kidneys to handle. Fluid management while on dialysis is particularly important in preventing fluid build-up between dialysis sessions.



Consult with your doctor or dietitian on the amount of fluid you are allowed to take.

Any food item that is liquid at room temperature is considered to be a fluid such as:



Water



Ice cubes



Milk, buttermilk



Coffee, tea



Cold drinks, juice



Yoghurt



Ice cream



Jelly and custard



Soup, gravy



Wine, beer, and other alcoholic drinks



Limit foods that contain large amounts of hidden fluid e.g. ice cream, soup, gravy, watermelon



Reduce your intake of spicy and salty foods as this increases thirst



Stay cool in warm weather; drink cold beverages instead of warm beverages



Suck on ice cubes (track your intake)



Sip slowly on your beverages – it will make them last longer



Spread your fluid intake throughout the day



Rinse your mouth often with mouthwash or chew sugar-free gum to alleviate a dry mouth



Limit or avoid drinking liquids at meal times



Avoid using straws as liquids are consumed faster



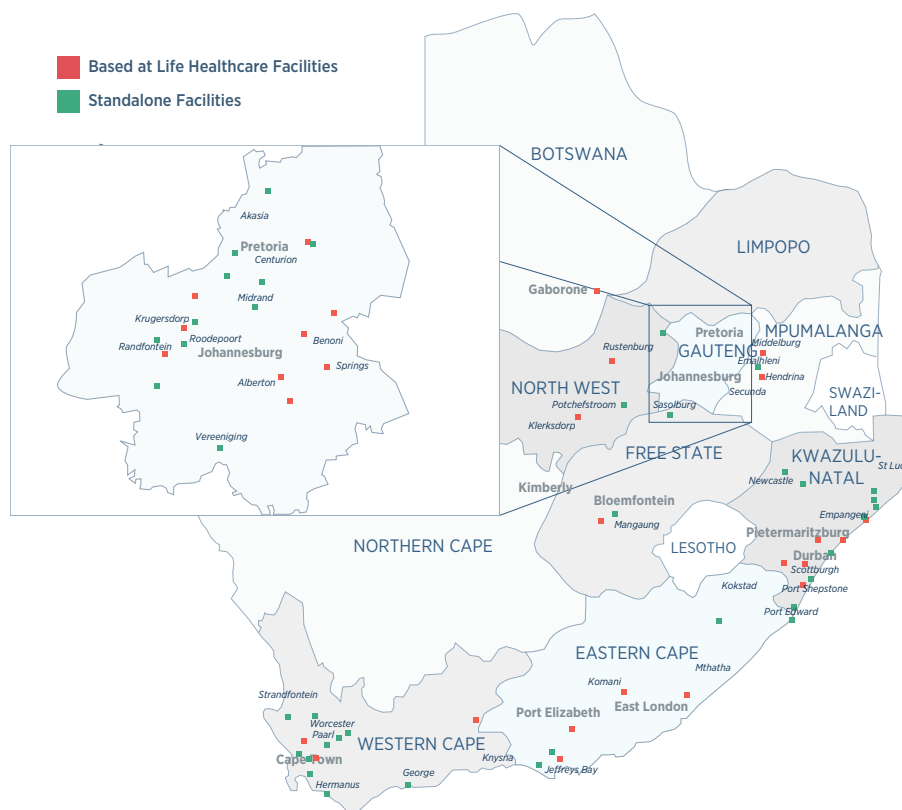
Be aware that drinks containing high sugar content can make you dehydrated and more thirsty

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Contact details

Life Renal Dialysis footprint



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4 Park Lane, Parktown, Johannesburg, 2193
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LIFE CARSTENHOF HOSPITAL

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LIFE FOURWAYS HOSPITAL

Cnr Cedar road and Cedar Avenue West, Fourways, 2055
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LIFE THE GLYNNWOOD

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LIFE ROBINSON PRIVATE HOSPITAL

1 Hospital road, Randfontein, 1759
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Artemis road, Pollak Park, 1559
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LIFE RENAL DIALYSIS KEMPTON PARK

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LIFE RENAL DIALYSIS LENASIA

Block A Signet Terrace Office Park, cnr Hummingbird Avenue and Guinea Fowl street, Lenasia, 1827
Telephone number: 011 852 5765

LIFE RENAL DIALYSIS MIDSTREAM

Midstream Hill Medical Park G8, cnr Midstream Hill Boulevard and Godley drive, Centurion, 1692
Telephone number: 010 612 0726

LIFE RENAL DIALYSIS MORNINGSIDE

Summit Park, 495 Summit road, Morningside, Sandton, 2196
Telephone number: 011 884 4444

LIFE RENAL DIALYSIS RANDFONTEIN

37 Homestead Avenue, Greenhills, Randfontein, 1759
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LIFE RENAL DIALYSIS VAAL

34 Kruger Avenue, Vereeniging
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4 Crocker street, Middelburg, 1055
Telephone number: 013 243 1171

Standalone Facilities

LIFE RENAL DIALYSIS EMALAHLENI (WITBANK)

2nd Floor, Room 202, Emalahleni Private Hospital, 39 Mandela street, Witbank, 1034
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NORTH WEST

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LIFE ANNCRON HOSPITAL

Klerksdorp
16 Van Rynefeld street, Willkoppies, Klerksdorp, 2571
Telephone number: 010 056 3510

Satellite renal units

Viljoenskroon
20 Engelbrecht street, Viljoenskroon, 9520

Hartswater
Hartsdok Sentrum, 28 Hertzog street, Hartswater, 8570

Lichtenburg
Shop no 2 Spar Komplex, Beyers Naudé street, Burgersdorp, 2740
Telephone number: 087 352 9010

LIFE PEGLERAE HOSPITAL

Cnr Kerk and Heystek street, Rustenburg, 0299
Telephone number: 014 101 0142

Standalone Facilities

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Cnr of Pienaar en De Wits straat, Hans Marie Trust Building, Brits
Telephone number: 061 879 8779 / 012 252 7580

LIFE RENAL DIALYSIS POTCHEFSTROOM

Mooimed Private Hospital, 1 Chief Albert Luthuli street, Potchefstroom, 2531
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Hunters Estate drive, Knysna 6570
Telephone number: 044 302 5238

LIFE VINCENT PALLOTTI HOSPITAL

Alexandra road, Pinelands, Cape Town 7405
Telephone number: 021 506 5350

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LIFE RENAL DIALYSIS DURBANVILLE

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LIFE RENAL DIALYSIS HERMANUS

Hermanus Medical Centre, First Floor, Suite 13, Ravenscroft street, Hermanus, 7200
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Telephone number: 021 770 0024

RED CROSS KIDNEY AND DIALYSIS CENTRE

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Unit 3E, F Arun Place, Sir Lowry's Pass road, Longdown, Somerset West, 7130
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Telephone number: 041 404 0577

Contact details

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LIFE QUEENSTOWN PRIVATE HOSPITAL

Cnr Ebdon and Griffiths St, Queenstown, 5319
Telephone number: 045 808 4537

Standalone Facilities

LIFE RENAL DIALYSIS JEFFREYS BAY

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Jeffreys Bay, 6330
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082 551 4794

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