

## Fluid Restriction Guide Queensland Health

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- How much fluid you can have differs from person to person depending on dialysis, urine output and kidney function. Your fluid allowance may also change over time.
- You need some extra fluid (500 - 700mL) due to loss through the lungs and skin - even more in hot weather.
- Aim for a weight gain of around

### Controlling fluid intake - Queensland Health

Fluid Restriction Guide Queensland Health Your Fluid Restriction is \_\_\_\_ Contact your Dietitian for the fluid content of other foods Information sources: Amounts of Fluid in Common Foods and Drinks Yoghurt 200g tub Custard ½ cup = 100ml Ice

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cream 2 scoops 1. Queensland Health. (2007) Logan Hospital, Dietary management of Heart Failure booklet 2.

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### **Amounts of Fluid in Common Foods and ... - Queensland Health**

Fluid Restriction Guide Queensland Health There is a difference between fluid weight and body weight (muscles, bones, body fat). Your body is 60-70% fluid. - Weight changes due to fluid occur quickly, over a period of days. Changes in body weight occur more slowly, over weeks or months.

### **Fluid Restriction Guide Queensland Health**

Controlling fluid intake - Queensland Health breath (due to fluid in your lungs) • swelling on ankles, hands and face • nausea and bloating. Your doctor may recommend limiting your intake of fluid to help control these symptoms. Your body is 60-70% fluid. - There is a difference between fluid weight and body weight.

### **Fluid Restriction Guide Queensland Health**

Download Free Fluid Restriction Guide Queensland Health Fluid balance chart . The nurses will record the daily inputs and outputs of fluid from a patient. In a nil by mouth (NBM) patient this is particularly important as all fluids must be given IV. Below is an example of a daily fluid balance chart showing some of the possible fluid inputs and ...

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• (as advised by your doctor)increased blood pressure (more work for the heart) •

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difficulty breathing and shortness of breath (due to fluid in your lungs) • swelling on ankles, hands and face • nausea and bloating. Your doctor may recommend limiting your intake of fluid to help control these symptoms. Your body is 60-70% fluid.

## Controlling fluid intake in heart failure - Queensland Health

Get Free Fluid Restriction Guide Queensland Health Health Fluid Restriction Guide Queensland Health FLUID RESTRICTION 101 1. The hard truth: Let's start with the serious fact that fluid is "no laughing matter". Excess fluid is a true danger to your heart. That extra fluid weight makes your heart work harder to pump blood through the body.

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is holding extra fluid (such as in heart failure, kidney or liver disease), it is even more important to limit sodium (salt). Salty foods also make you thirsty, which can make it difficult to limit fluid. Tips to reduce salt: 1. Choose low salt foods . As most sodium (75%) comes from processed foods, when shopping:

## Low salt diet - Queensland Health

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