Nephrology Services

locations

St. Joseph Dialysis Center—Tacoma
St. Joseph Medical Center
1717 S. J St.
Tacoma, 98405
Phone: (253) 426-6688

Franciscan Dialysis Center—Eastside
1415 E. 72nd St.
Tacoma, 98404
Phone: (253) 476-5110

Franciscan Dialysis Center—South Tacoma
5825 Tacoma Mall Blvd.
Tacoma, 98409
Phone: (253) 671-3180

St. Joseph Dialysis Center—Puyallup
702 S. Hill Park Dr., Suite 105
Puyallup, 98373
Phone: (253) 445-7520

St. Joseph Dialysis Center—Gig Harbor
4700 Point Fosdick Dr. NW, Suite 101
Gig Harbor, 98335
Phone: (253) 853-2965

Visit us on the Web at chifranciscan.org/kidney
The fluid you are allowed depends on your urine output, the amount of salt (sodium chloride) you eat and how long you dialyze. Eating lots of salt will make you thirsty, so controlling your salt intake is the best way for you to control your fluid intake.

**Guidelines**

It is normal for you to gain some weight between dialysis runs. Most of this weight gain is fluid. For most people, an acceptable weight gain between dialysis treatments is about 1.5 kilograms (3 pounds).

How much fluid you can have each day is based on your urine output. Measure your urine for one day (24 hours) and add 3 cups. This will equal the amount of fluid you can have every day.

3 cups allowed

+ _______ cups of your urine output

= _______ cups of fluid you can have each day

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**What is a fluid?**

Any food that is liquid or will melt at room temperature is counted as fluid. The items below need to be counted as fluid.

- Cocoa
- Ice cream
- Coffee
- Jello
- Juice
- Popsicles
- Liquor
- Sherbet
- Milk
- Soup
- Ice chips or cubes
- Shakes
- Soda
- Tea
- Water

You do not need to count:

- Custard
- Salad dressing
- Gravies
- Yogurt
- Pudding

**If you are thirsty:**

1. Chew gum.
2. Drink lemonade for one of your liquids instead of water.
3. Suck on a frozen lemon wedge (limit three per day).
4. Rinse your mouth with mouthwash.
5. Use ice-cold liquids to satisfy your thirst rather than room temperature liquids.
6. Suck on ice. Count one 8-ounce cup of ice as 4 ounces of fluid.
7. Have a piece of hard candy. Sour candy works the best.
8. Try an oral lubricant i.e. Biotine products.

**Signs and symptoms of too much fluid:**

- High or low blood pressure
- Swelling or edema
- Lack of energy
- Shortness of breath
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