



## Fluid & Fluid Control

If your doctor advises you to decrease the amount of fluids you eat and drink each day these tips may help you.

- Drink only when thirsty. Do not drink out of habit or to be social
- Eat less salt so you will feel less thirsty
- Suck on ice chips. (Measure small units into a cup)
- Brush your teeth three to four times a day; this is to prevent your mouth from drying out
- Suck on a lemon wedge
- If you have diabetes, control your blood sugar
- Chew sugarless gum or suck on sugarless hard candy
- Take your medications with sips of fluid
- When dining out, ask for your beverage to be served in a child-size glass

- Measure how much fluid your favorite cup or glass holds so you will be better able to monitor the amount of fluid you drink
- After measuring out the total amount of fluid you can drink for the day, place the water in a container. During the day drink only from this container so you can keep an eye on the amount of fluid you have consumed

### Notes

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