Fluid restriction is important to dialysis success. How do you stick to the fluid restriction?

- I keep a bottle with all that I can drink. I only drink from there.

- After awhile, you get used to the restriction. I plan out when I can have my fluids, and stick to that. If I need to take pills, I only drink what I need to swallow them.

- I keep a jug in the refrigerator with all the fluid I can have. I even make my tea from it.

- I used to drink a lot of water. Now I just sip. My stomach says don’t drink, my mouth says drink. I have a little sip of water to wet my mouth. That makes both mouth and stomach happy.

Any tips for those with a fluid restriction?

- Know your fluid restriction. It doesn’t feel good when you have so much fluid on you that you can’t breathe.
- Try drinking out of smaller cups so you don’t drink as much.
- If you drink soda, buy the 8oz cans. Once you’re done with the can, that’s it.