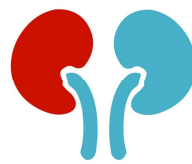


# Importance of Hydration in Kidney Disease



**Renes**  
CARE

## Why it Matters

Proper hydration is essential for:

- Filtering waste effectively
- Preventing kidney stones and infections
- Supporting blood pressure regulation

## General Guidelines

**Mild to Moderate CKD:** 6 to 8 cups (1.5 to 2 liters) daily, adjusted based on medical advice.

**Advanced CKD or Dialysis:** Follow specific fluid restrictions from your healthcare team.

## Monitor Intake

- Keep a log of your fluid intake
- Adjust fluids based on activity and weather

This pamphlet is for informational purposes only and should not replace professional medical advice. Please consult your healthcare provider for personalized care.

## Practical Tips for Staying Hydrated

**Drink Regularly:** Sip water throughout the day rather than consuming large amounts at once.

**Carry a Water Bottle:** Keep a reusable water bottle with you to remind yourself to drink.

**Eat Hydrating Foods:** Include fruits and vegetables with high water content, such as cucumbers, watermelon, and oranges.

**Limit Dehydrating Beverages:** Reduce intake of caffeine and sugary drinks, as they can increase dehydration.