

Swelling

Swelling is common in kidney disease. Swelling happens when there's extra fluid in your body and your body isn't balancing the fluid. You may notice you're gaining weight, have swelling in your feet and lower legs or in other places like your fingers, around your eyes, and your lower back. Shortness of breath can also be a sign that fluid is building up in your chest or lungs. Tell your healthcare provider if you have any swelling or shortness of breath. There's medicine you can take to manage this. Some changes to your diet and fluid intake might also help.

At Home

- When you're sitting, elevate your swollen feet/legs on a stool to help blood flow back to your heart.
- Wear compression stockings if your doctor says you can.
- Remember to walk. This helps move fluid from your lower legs up to the rest of your body.

Diet

- Don't add salt to food—use herbs, spices and salt-free seasoning instead.
- **Don't** eat canned, packaged, frozen, and bottled foods with more than 200 mg sodium per serving. You can find this information on nutrition facts labels. Common high-salt foods are canned soup, potato chips, hot dogs, deli meats, and sausage.
- Don't drink more than 6 cups (1.5 litres) of fluid a day because it can make swelling worse.
- Think about eating kidney-friendly frozen meal options from Meals on Wheels™. Ask your healthcare provider about this or and other services for meals.

What else can I do?

- Know your blood pressure. It can go up with extra fluid in your body.
- If prescribed by your doctor, make sure to take your water pills (diuretics like Lasix®).
- Weigh yourself every day and keep track to see if your weight changes.