As a patient, you have a responsibility to take part in your health care.

- Talk with the members of your healthcare team
- Know what your dry weight should be
- Find out what works for YOU to prevent fluid overload

Remember, every one is different and each patient’s health changes over time. Preventing fluid overload is another reason why you should understand your medications and diet.

Do not hesitate to ask questions.

Take an active role in your treatment.

This will lead to better outcomes and a better quality of life.

Supporting Quality Care

Created for Patients by Patients

For more information on fluid overload and how it affects you, talk with the members of your care team.
Fluid Overload is very dangerous for ESRD patients. Your heart cannot handle repeated episodes of fluid overload. Carrying more fluid than your heart can handle can have serious consequences. Over time, it could cause heart disease, heart attack, or even death. Be sure to keep your heart off fluid overload!

Imagine your heart as a balloon. The first time you blow up a balloon it returns to its original shape. But over time the balloon will become stretched out and will not return to its original shape. The same is true for your heart when it must work harder to remove excess fluid!

Dry weight is your weight when all the extra fluid has been removed. How low can you go? Talk with your doctor about how low your dry weight can go. Dry weights are different for each person and your dry weight may change over time. Every person also has a different daily allowance for fluid intake. Talk with your dietitian about how much fluid you can have each day.

To file a grievance, please contact Network 8 by phone at 1-877-936-9260, by email at nw8info@allianthealth.org or by mail at 775 Woodlands Pkwy, Suite 310, Ridgeland, MS 39157. Visit www.esrdnetwork8.org for more information. This material was prepared under CMS contract number HHSN-500-2016-NW00008C, and the contents may not reflect CMS Policy.