

INCREASING

# Fluid Intake

*If you suffer from kidney stones, your physician will recommend increasing your fluid intake. Fluid prevents stones from forming by diluting your urine. This flyer will answer some of your questions on how to safely increase your fluid intake.*



## WHAT SHOULD MY GOAL BE FOR INCREASING MY FLUID INTAKE?

- Try to produce 2.5 liters of urine per day, by taking in 2.5 liters of fluid a day.
- Increase your fluid intake gradually. Your bladder needs time to adjust to your new goals.

## WHAT'S THE BEST WAY TO INCREASE MY FLUID INTAKE?

- Drink even when you're not thirsty. You're more than likely already dehydrated when you feel thirsty.
- Drink throughout the entire day, so as not to dehydrate yourself in the morning or at night.
- More fluids may be necessary:
  - If you exercise
  - If you live or work in a hot, dry environment
  - During the summer months when you perspire more
  - If you have a high-salt diet, which promotes water retention
  - If you fly frequently, due to the lack of humidity on the plane
  - If you live in a hot/dry environment

## WATER-RICH FOODS

Some foods are high in fluids, and can contribute to your total daily fluid intake:

Apples	Broccoli	Cherries	Eggplant	Onions	Peas	Strawberries
Apricots	Carrots	Chopped kale	Grapefruit	Oranges	Pineapple	Tomatoes
Bananas	Cauliflower	Cranberries	Grapes	Papaya	Radishes	Watercress
Bean sprouts	Celery	Cucumber	Lettuce	Peaches	Spinach	Watermelon

## HIGH-SALT FOODS

You should also consider reducing your overall salt intake by avoiding:

- Table salt (1 teaspoon provides about 2,000 mg of sodium)
- Seasonings that contain salt, such as celery salt, garlic salt, onion salt
- Sauerkraut, olives, pickles and relishes
- Canned soups not marked low sodium
- Breads and rolls with salted toppings
- Potato chips, corn chips, pretzels, saltines, salty crackers, salted popcorn
- Salty meats such as bacon, bologna, corned beef, hot dogs, ham
- Salty fish such as, anchovies, caviar, herring, sardines
- Processed cheese, cheese spreads, and cheeses like Roquefort, camembert, gorgonzola or parmesan
- Salted nuts
- Regular peanut butter
- Bouillon, catsup, chili sauces, monosodium glutamate, mustard, soy sauce, Worcestershire sauce
- Antacids containing sodium such as Alka Seltzer
- Baking soda toothpaste

## WHAT SHOULD I BE DRINKING?

- Water is the safest fluid.
- Lemonade is a good fluid—it contains citrate. Citrate acts as a shield against new stone formation.
- If you're going to have a soda, stick to the clear ones. Sodas contain phosphoric acid, which can reduce the amount of citrate in your urine.

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Dr. David G. Bostwick and our staff of veteran pathologists are dedicated to the diagnosis, treatment and management of prostate cancer, kidney disease, cancer of the bladder and other urologic conditions.

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