

## Beat the Heat for Dialysis Patients

Hints for Health from Elara Caring



When you are undergoing dialysis treatments you may become more sensitive to the summer heat and have a harder time maintaining a safe body temperature and fluid levels. This can put you at risk for complications or rehospitalizations.



### Food and Drink

- ✓ Consume less salt to control thirst (look for low sodium items when grocery shopping).
- ✓ Measure your liquids and consume them in modified portions throughout the day.
- ✓ Eat a piece of cold fruit.
- ✓ Freeze your drink and sip on it as it melts.
- ✓ Suck on a piece of sugar free candy, or chew gum.
- ✓ Drink from smaller cups
- ✓ Remember that ice cream, soups and liquid based foods count towards your fluid intake.



### Blood Sugar

- ✓ If you have diabetes, maintain good blood sugar control, as high blood sugar levels can make you feel more thirsty. Talk with your nurse and doctor to determine your desired blood sugar range and for help setting up a blood sugar log.



### Mindful Activity

- ✓ Avoid strenuous physical activity especially during the heat of the day.
- ✓ Be sure to keep all dialysis appointments, and strive to stay at your recommended dry weight.

# Beat the Heat

## for Dialysis Patients



### Maintain a Happy Comfort Zone

- ✓ Use your air conditioner and/or a fan while at home, especially when temperatures are nearing the triple digits.
- ✓ Dress for heat. Wear lightweight, light-colored clothing and breathable fabrics.
- ✓ Limiting fluids means you may experience mouth dryness, especially when it's hot. Rinse your mouth throughout the day to refresh your smile.



### Lean on the Experts

- ✓ Talk with your doctor for your specific fluid intake needs.
- ✓ Talk with your home health nurse to set up a daily fluid log.



### Watch Out for Symptoms of Heat Exhaustion

- ✓ Headaches
- ✓ Cool, moist skin
- ✓ Dizziness and light-headedness
- ✓ Weakness
- ✓ Nausea and vomiting
- ✓ Dark urine

If you experience these symptoms, move to a cooler place, stop exercising and cool down immediately by using cool wet cloths, compresses, and fanning. Be sure to call your home health nurse and report these symptoms should they occur so they may provide further guidance.



### Watch Out for Symptoms of Heat Stroke

- ✓ Fever (temperature above 104° F)
- ✓ Irrational behavior
- ✓ Extreme confusion
- ✓ Dry, hot and red skin
- ✓ Rapid, shallow breathing
- ✓ Rapid, weak pulse
- ✓ Seizures
- ✓ Unconsciousness

If you experience these symptoms call 911 or your local emergency number right away!

Do you have questions or concerns?

We Can Help

[elara.com](http://elara.com)