

Hydration Management in Patients With Impaired Kidney Function



Staying hydrated is essential for everyone, but in patients with chronic kidney disease, it is of utmost importance to avoid complications. The kidneys are responsible for filtering and balancing the body's fluids, so when their capacity is limited as this disease progresses, both the lack and excess of fluids become potentially dangerous.

Maintain adequate hydration

The main function of the kidneys is to filter waste and excess fluids from the blood, regulating electrolyte levels. For this process to be achieved, it is essential to maintain adequate hydration, as water is the main vehicle for eliminating toxins through urine.

In the case of kidney patients, fluid consumption must be done carefully, as the kidneys cannot carry out the waste removal process.



This forces excess fluids to be artificially removed during hemodialysis or peritoneal dialysis sessions. If fluid intake is not properly controlled, there can be complications such as edema, high blood pressure, respiratory distress, and even cardiovascular diseases. The consumption of fluids will depend on the degree of kidney failure; the accumulation can have serious effects.

Recommendations

Some suggestions for adequate hydration in people with kidney disorders are:

- When consuming liquids, always use a glass.

- Do not consume excessive ice or very cold drinks.
- Replace some drinks with other foods, such as fruits and vegetables. These have a content greater than 75% in water.
- Consume fluids slowly.
- Do not consume water directly from the tap.



Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your treatment, please visit your primary care physician or call the following phone lines:

Medical Advice Line 1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health 787-641-9133

References:

<https://www.cdc.gov/spanish/cancer/kidney/index.htm#:~:text=%C2%BFQu%C3%A9%20son%20los%20ri%C3%B1ones%3F,los%20desechos%201%C3%ADquidos%20del%20organismo.>

<https://fundacionrenal.com/contenido/la-ingesta-de-liquidos/>

<https://alcerturia.org/hidratacion-en-la-enfermedad-renal-cronica/>

Preparado por Educadores en Salud licenciados.

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