

Staying Safe in Hot Weather: A Guide for Kidney Patients

Why Hot Weather Matters

Hot weather increases the risk of dehydration, which can be dangerous for people with chronic kidney disease (CKD), those on dialysis, and kidney transplant recipients. Managing fluid levels carefully is essential.

General Fluid Advice for CKD Patients



- **Listen to your body:** Thirst is usually a good sign you need more fluids.
- **Best fluids:** Water is ideal. Rehydration salts can be added if advised to do so.
- **Avoid:** Sugary drinks and alcohol; they don't hydrate effectively.
- **Tea and coffee:** Fine in moderation, be aware coffee contains potassium.

Important:

If in doubt ask your renal team!

- If you take diuretics or blood pressure tablets, you might need to adjust or miss a dose on very hot days.
- A small increase in salt intake can help retain fluids during very hot weather.

Consult your kidney team first before making any changes to diet or medication.



Signs of Dehydration

- Dark, strong-smelling urine
- Dizziness or lightheadedness
- Dry mouth, lips, or tongue
- Tiredness
- Sunken eyes



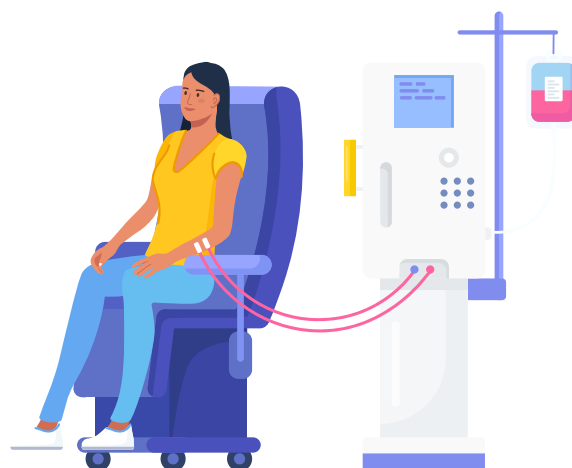
Tips to Stay Cool and Hydrated

- Stay indoors or in the shade between 12–3 PM
- Wear a hat and light, loose clothing
- Limit physical activity during the hottest part of the day.
- Drink small sips of water regularly, even if you don't feel thirsty
- Use sunscreen to protect your skin and fistula.

Special Advice for Dialysis Patients

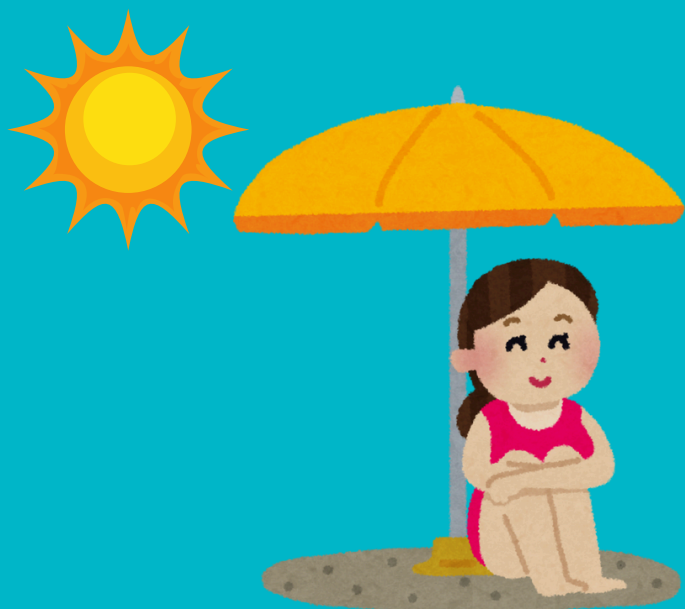
- Fluid restrictions are important, but slight adjustments might be needed during hot weather.
- Balance is crucial: Drinking too much can lead to swelling, breathlessness, and high blood pressure.
- Monitor weight and blood pressure. Contact your kidney team if both decrease.

Always follow the specific guidance from your kidney care team.



For Kidney Transplant Recipients

- Transplanted kidneys lack a normal nerve supply which helps regulate dehydration signals.
- Dehydration can reduce kidney function and cause acute kidney injury.
- Stay hydrated and avoid direct sun exposure.
- Drink fluids regularly, even without feeling thirsty.



Remember:

When in doubt, contact your kidney care team for personalised advice!

