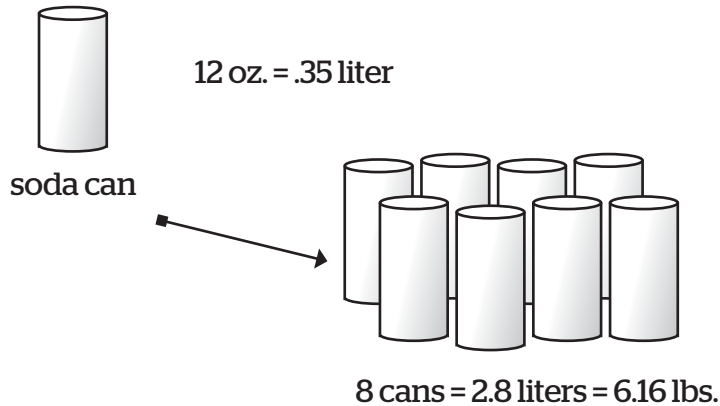


# WEIGHTS & VOLUMES

for dialysis patients (like me).

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<http://ineedakidneywordpress.com>

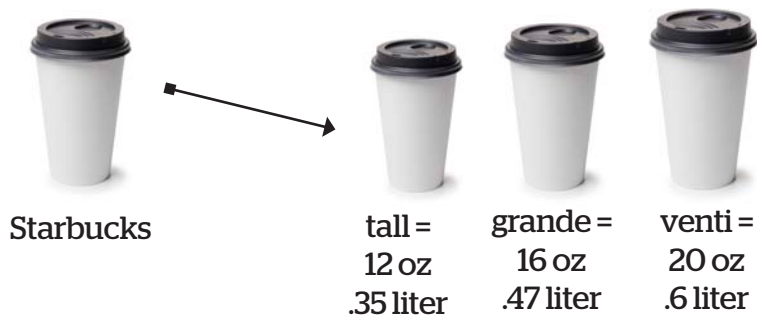


1 US fluid ounce = 0.0295735296 liters

1 liter = 2.2 pounds = 32 ounces

Between Treatment Goal:  
2.5 liters -or- 80 ounces

Weight between treatments is calculated by the number of Kilos gained. One Kilo equals One Liter. One Kilo equals 2.2 pounds. Even with a good game plan - dialysis patients gain and lose over 6 pounds every 48 hours.



Starbucks reasonable drink limit between treatments = 4 Venti Drinks (2.4 liters). Of course, coffee and milk products are also restricted, so Starbucks might not be the optimal choice for a dialysis patient. But for demonstration, Starbucks sizes seem to be universally recognized.

## The Plan:



The idea here is to drink from only these three containers between dialysis treatments. That's 48 hours for two of the weekly treatments, but 72 hours for the weekend gap. Most resources list the "8 by 8" rule for healthy humans - drink eight 8-ounce glasses of water per day (1.8 liters). - but that's just their recommendation for water. I weigh 75 kilos normally. Were I healthy, another recommendation would be to drink .03 times my weight in liters. That would equal 2.5 liters per day - again, just for water. So to say that a dialysis patient should drink half as much fluid as a healthy person is probably an understatement. My self-imposed restriction of 2.5 liters between treatments is probably twice as much as the physician-recommended fluid intake for dialysis patients. I'm trying to imagine having just over one liter of fluid a day. Could you do it?