

Getting the right amount of water for you

Keep your kidneys healthy by drinking the right amount of water for you. Everyone has different daily water needs. Your care team can help you determine how much water you need to keep your body healthy.

Keeping your kidneys healthy

Your kidneys need water to help them function properly. Water helps them remove waste in the form of urine and helps keep blood flowing to your kidneys. Not getting enough water can cause dehydration, which can lead to kidney damage.

Stay hydrated!

If you're having trouble getting enough water, try these tips:

- If you leave home, bring a water bottle with you so you can sip throughout the day.
- Choose water instead of other beverages sweetened with sugar.
- Make your water tasty by adding a squeeze of lime or lemon.
- Order water when eating out to save money and calories.
- Freeze water in freezer safe bottles so you have ice cold water all day long.



Fluids and chronic kidney disease (CKD)

If you have more advanced CKD or end-stage kidney disease (ESKD), you may be on fluid restrictions. Always talk to your care team to determine the right amount of water for you.



We are here to help!

Your care team can help answer your questions about staying hydrated and how much water is right for you. Reach out for any support you need.