

FLUID RETENTION

- Avoid salty foods (daily sodium intake less than 2 grams)
- Eat potassium rich foods
- Meals rich with fiber to improve digestion

[1]- Baker, R., Mark, P., Patel, R., Stevens, K., & Palmer, N. (2017). Renal association clinical practice guideline in post-operative care in the kidney transplant recipient. BMC Nephrology, 18(1). doi: 10.1186/s12882-017-0553-2

