

Importance of Hydration

As long as your kidneys are functioning properly and you are not on dialysis, then hydration is very important in order to keep your kidneys healthy. Drinking a lot of water, or hyperhydration, is an important part of managing hyperoxaluria because you need to flush out the excess oxalate that your body builds up. It's important for you to check with your healthcare team so they can provide support you to help make sure you drink all the water you need.

Tips for Successfully Staying Hydrated at School or other Social Activities

1. **Think ahead:** set alarms on your phone to remind yourself when you need to drink water
2. **Always be prepared:** bring water with you when going to a new place
3. **Leverage technology:** use an app to track your water intake
4. **Prepare yourself:** keep water bottles filled up around the house, in your car, and in all your bags
5. **Hold yourself accountable:** set deadlines for yourself to drink a certain amount by a particular time and keep track



Strategies to Support Hydration

1. **Drink as much as you need:** remember to drink as much water as you need to and find a way to track it effectively
2. **Plan ahead:** make sure that you always have plenty of water available wherever you are
3. **Drink consistently:** it's important to keep consistent with your drinking throughout the day, regardless of whether or not you are thirsty
4. **Think ahead:** make sure you have a plan for going to the bathroom frequently and as needed
5. **Plan accordingly:** try to minimize and address disruptions with work, school, or planned activities. Take into account your needs and express them
6. **Pay special attention during situations that may cause you to become dehydrated:** this includes instances such as diarrhea, vomiting, fever, intensive physical activity, and being in a hot environment
7. **Carry an insulated water bottle:** If you have a hard time drinking enough, carry an insulated water bottle with you throughout the day as a reminder

Other Ways to Monitor and Increase Your Hydration

1. **Eat foods** with high water content, especially fruits and vegetables
2. **Expand your liquid intake** beyond just water. You may find it helpful to drink other fluids like milk and orange juice. Check with your healthcare team
3. **Limit the number of sodas and sports drinks** you consume, as they can have the opposite effect of hydration
4. If you enjoy **adding powders or other flavor additives to water**, check with your healthcare team to ensure they are safe and comply with your diet

