HYPEROXALURIA GLOBAL ALLIANCE
A Community Without Boundaries

Hyperoxaluria & Hydration

Easy Steps to Protect Your Kidneys

Why Hydration Matters

Staying hydrated is essential for protecting your kidneys. Drinking plenty of water helps flush out excess oxalate, supports treatment goals, and **can help lower the risk of kidney stones.** In some cases, your care team may recommend hyperhydration—extra fluids each day to meet treatment targets.

Your healthcare team can help determine the right amount of fluids based on **age, weight, activity level, and kidney health.**

Everyday Hydration Tips

Drink steadily: small sips throughout the day—don't wait until you're thirsty.



Carry water: a reusable bottle serves as a reminder; personalize it to make it fun.



Plan ahead: schedule bathroom breaks so staying hydrated isn't a barrier.



Support: family, friends, or apps can help you stay on track.



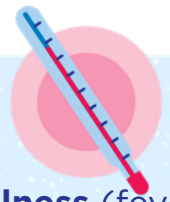
Eat water-rich foods: watermelon, cucumber, oranges, for example.



Flavor naturally: lemon, berries, or cucumber—no added sugar needed.

When You Need Extra Fluids

Your body may need more water during:



Illness (fever, vomiting, diarrhea)



Physical activity or sports



Hot weather or outdoor play

TIP

Drink a little more than usual during these times—
steady hydration protects your kidneys.

Helping Children Stay Hydrated

- Send a favorite water bottle to school, labeled and full each day.
- Coordinate with teachers for water breaks and bathroom access.
- Keep water by the bed at night; gentle reminders or alarms help with small sips.

Make it fun: high fives, stickers, or small rewards; join your child in daily hydration goals.



Quick Reminder

Turn hydration into a daily habit—steady water intake is your best defense against kidney stones.

Every sip protects your kidneys.

Visit the Hyperoxaluria Global Alliance to learn more:
WeAreHGA.org

Disclaimer: This guide is for educational purposes only and does not replace medical advice. Always consult your healthcare provider for diagnosis and treatment. The Hyperoxaluria Global Alliance (HGA) is a program sponsored by the Oxalosis & Hyperoxaluria Foundation (OHF).

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