Before you pour cranberry juice

Use these steps to decide whether cranberry juice fits your kidney situation.

- [ ] Read the label and choose juice with no added sugar.
- [ ] Ask a clinician first if you take warfarin.
- [ ] Check with a renal dietitian if you have chronic kidney disease.
- [ ] Ask your stone clinician if you have had calcium oxalate stones.
- [ ] See a provider for urinary symptoms instead of treating them with juice.
- [ ] Count juice toward any daily fluid limit you follow.
- [ ] Drink water as your main fluid.
- [ ] Estimate your daily fluid with the water intake calculator.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/nutrition/is-cranberry-juice-good-for-your-kidneys/