

# Patient Education



## Fluid Restriction

You are on a fluid restriction of \_\_\_\_\_ ml or \_\_\_\_\_ cups per day.

 **“Fluid” is anything that becomes a liquid at room temperature.**

### Examples of fluids:

- Tea
- Coffee
- Water
- Milk
- Soup
- Pop
- Popsicle (1 twin bar = 1/3 cup fluid)
- Cream
- Juice/ syrup from canned fruit
- Ice cream/ Sherbert (½ cup = ¼ cup fluid)
- Jello (½ cup Jello = ½ cup fluid)
- Yogurt
- Frozen yogurt
- Juice
- Alcoholic beverages
- Fruit drinks
- Boost
- Gravy
- Ice (1 cup crushed= ½ cup fluid and 1 ice cube = 2 tbsp fluid)
- Ensure
- Water based fruits and vegetables such as watermelon or tomatoes

### Plan ahead

Separate the total amount of fluid you are allowed into six (6) portions.

**Example: If you are allowed 1500 ml per day = 1500 ml divided by 250ml:**

- Breakfast 250ml = 1 cup 
- Lunch 250ml = 1 cup 
- Dinner 250ml = 1 cup 
- 750 ml left = 3 cups left to have between meals and bed time 

### Conversions

	2 tablespoons	1 ounce	30 ml
	½ cup	4 ounces	125 ml
	1 cup	8 ounces	250 ml
	2 cups	16 ounces	500 ml
	4 cups	32 ounces	1000 ml or 1 litre

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## Tips to help control your thirst and fluid intake

1. Reduce the amount of salt in your diet. Salt and salty foods cause thirst. 

2. Swallow your pills along with meals or with soft foods such as applesauce.

3. Use a small cup or glass. 

4. Sip fluids slowly.

5. Rinse your mouth with water, but do not swallow the water.

6. Brush your teeth often but do not over brush them. 

7. Try ice cubes or frozen fruit such as grapes or strawberries. 

8. Eat fruits and vegetables ice cold. 

9. Add a little lemon juice to water or ice. 

10. Keep cool in warm weather - air conditioning or stay out of the sun. 

11. Use a humidifier to moisten the air. This will help your mouth feel less dry. 

12. Try hard sour candies, chewing gum, breath spray or a breath mint. 

13. If you are diabetic, good blood sugar control can help control thirst.

14. Measure the amount of fluid for your restriction or keep a journal:

- Each morning, measure the amount of water of your restriction and put into a special container with a spout on it. Each time you have an amount of fluid, pour the equal amount of water out of the container. When the container is empty, you have used up your fluid allowance for the day. You can even use a water bottle or container that has the times or measurements written on it.
- Another idea is to keep a log/ journal of your fluid intake from all sources to add up over the course of the day.



## Signs you may be taking in too much fluid

- Your weight increases. Contact your health care provider if your weight increases 3lb or more in a day or if it increases 5 lb or more in a week.
- Your face, hands, legs, feet, and belly (abdomen) start to swell.
- You have trouble breathing.

**Please contact your health care provider with any questions or concerns.**

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