

NAME: _____

DATE: _____

DIETITIAN: _____

CONTACT NUMBER: _____

Fluid Balance While in Hospital

Fluid Restriction

This information sheet has been developed to help you follow a fluid restriction while you are in hospital.

My Fluid Restriction is:

Consuming too much fluid can result in:

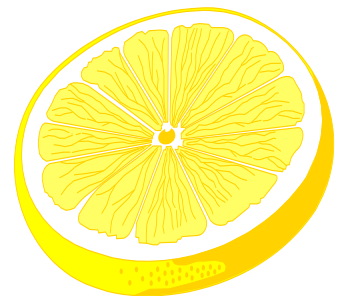
- Difficulty breathing
- Swelling/fluid retention in feet and body
- Raised blood pressure
- Long and difficult dialysis
- More work for your heart

What should I count in my fluid restriction?

You should count all foods that have a high fluid content. This includes water, tea/coffee, ice, juice, milk, soup, sauce, jelly, ice cream, custard, ice-blocks and yoghurt.

Tips to help manage your fluid restriction while in hospital

- Avoid salty foods – these will make you thirsty.
- Try to keep a record of what you consume so that you will know how much fluid you are having
- Spread your fluid consumption throughout the day.
- Use small cups and glasses
- To moisten a dry mouth:
 - Rinse with an ice cold mouth wash
 - Suck on ice chips or a slice of lemon
 - Use chewing gum
 - Eat moistened food (e.g. bread with margarine and jam).
 - Keep lips moistened at all times with lip balms, lipstick, Vaseline, etc
- Maintain oral hygiene



Fluid content of hospital menu items

<u>Item</u>	<u>Actual Fluid (mL)</u>
Soup	180mL
Milk drinks	
Dairy Farmers Milk bottle	150mL
Dairy Farmers Skim milk bottle	150mL
High protein milk	180mL
Soy milk	180mL
Rice milk	180mL
Smoothie	180mL
Moove bottle	300mL
Other Drinks	
Tea/coffee	190mL
Juice cup	110mL
Cordial	180mL
Soft drink cans	375mL
Mineral water bottle, Ginger ale	300mL
Juices + Energy	180mL
Thickened Fluids	
Thickened Apple Juice	180mL
Thickened Sun Juice	175mL
Thickened Lemon Cordial Diet	185mL
Thickened water	180mL
Thickened milk (Creamy Dairy)	165mL
Desserts	
Ice cream	80mL
Custard	80mL
Yoghurt (125g tub)	100mL
Yoghurt (175g tub)	145mL
Fruche (150g)	120mL
Sorbet	100mL
Jelly/ Milk jelly	120mL
Snak Pack	110mL
Ice blocks: Icy pole, Frosty Fruits	80mL

Container	Fluid (ml)	Uses	Comments
Ceramic Soup Bowl	190ml	Soup, Porridge	
Styrofoam Cup	190ml	Tea/ Coffee given on ward	
Small plastic tumbler (with plastic lid)	180ml	Cordial	
Water bottle	600ml	Water	

Fluid content of nutritional supplements

In some cases your dietitian may recommend nutritional supplement drinks. These can help boost your nutritional intake. It is better if you drink your supplement in preference to less nutrient-dense fluids such as tea, coffee, broth, jelly or water.

Your dietitian will advise you how much fluid your supplement drink contains.

Supplement	Actual Fluid (mL)

My Daily Fluid Intake

Day 1

[illegible]

Day 2

[illegible]