



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:

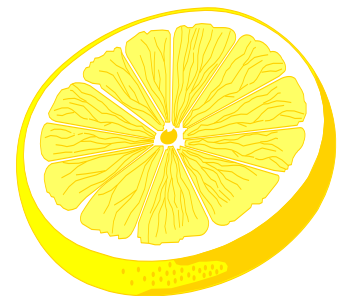
- Difficulty breathing
- Swelling/fluid retention in feet and body
- Raised blood pressure
- Long and difficult dialysis
- More work for your heart

### ***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**

<b>Item</b>	<b>Actual Fluid (mL)</b>
<b>Soup</b>	180mL
<b>Milk drinks</b>	
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
<b>Other Drinks</b>	
Tea/coffee	190mL
Juice cup	110mL
Cordial	180mL
Soft drink cans	375mL
Mineral water bottle, Ginger ale	300mL
Juices + Energy	180mL
<b>Thickened Fluids</b>	
Thickened Apple Juice	180mL
Thickened Sun Juice	175mL
Thickened Lemon Cordial Diet	185mL
Thickened water	180mL
Thickened milk (Creamy Dairy)	165mL
<b>Desserts</b>	
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

<b>Container</b>	<b>Fluid (ml)</b>	<b>Uses</b>	<b>Comments</b>
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.

<b>Supplement</b>	<b>Actual Fluid (mL)</b>



**Day 2**

<u>Date and Time</u>	<u>Item</u>	<u>Fluid (ml)</u>
<b>TOTAL</b>		