

Controlling Your Fluids

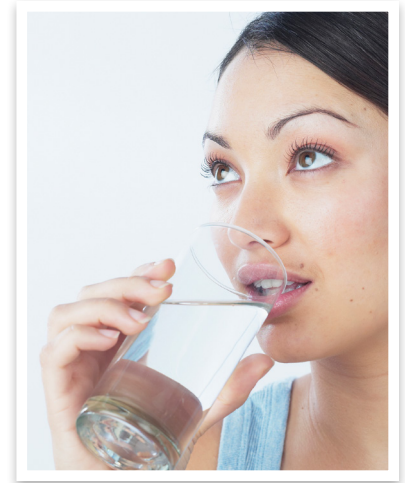


THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

Daily fluid allowance

You daily fluid allowance is the amount of fluid you can have in one day. Drinking too much fluid may cause a build-up of fluid in the body. Drinking 2 cups of fluid over what you are allowed can increase your body weight by 1 pound. Weight gain over a 2 to 3 day period could put your health at risk.

You also need to count any food that is liquid at room temperature or that you can pour. All fluids should be measured in a standard 8-ounce, 1 cup, or 240 milliliter (ml) measuring cup.



Keeping track

Keep a running total for your day, like in a notebook. One way to keep track is to use a pitcher of water. Every morning, pour water into a pitcher that equals your daily fluid allowance. Every time you take a drink, pour the same amount of water out of the pitcher. This includes fluid you drink when taking medicine. Using this method, you will know how much fluid you have left for that day. If you urinate, add that same amount of water back to the pitcher.

These fluids need to be measured and counted in your daily fluid allowance:

- Water, juice, soup, and all hot or cold drinks
- Fruits:
1 cup of fruit = $\frac{1}{2}$ cup fluid or 120 ml
- Ice:
1 ice cube = 2 tablespoons or 30 milliliters fluid
1 cup crushed ice = $\frac{1}{2}$ cup fluid or 120 ml
- Ice cream, sherbet, yogurt, or pudding:
 $\frac{1}{2}$ cup = $\frac{1}{4}$ cup fluid or 60 ml
- Gelatin, such as Jell-O:
 $\frac{1}{2}$ cup = $\frac{1}{2}$ cup fluid or 120 ml
- Popsicles:
1 twin bar = $\frac{1}{3}$ cup fluid or 40 ml

My fluid allowance is:

_____ cups or _____ liters a day, plus the amount you make daily as urine.

Converting different types of measures

Products you may use are often measured in liters, quarts, cups, or ounces. This can make it hard to know how much liquid you can have. You will need to convert the measures to the same thing. For example:

2 liters = 2000 milliliters = 2.11 quarts = 8.45 cups = 67.6 fluid ounces

1 liter = 1000 milliliters = 1.05 quarts = 4.22 cups = 33.8 fluid ounces

- Liquid less than 1 liter may be written as milliliters or as a fraction of a liter. For example, 500 milliliters (ml) is the same as 0.5 liters (L).
- Liquid medicines may be measured in cubic centimeters (cc). 1 cc is the same amount as 1 milliliter (ml). For example: 5 cc of liquid = 5 ml.

Fluid conversion table

Use this table to help you convert and measure your fluids.

1 quart	=	32 ounces or 4 cups	=	960 milliliters
2 ½ cups	=	20 ounces	=	600 milliliters
1 pint	=	16 ounces or 2 cups	=	480 milliliters
1 cup	=	8 ounces	=	240 milliliters
$\frac{3}{4}$ cup	=	6 ounces	=	180 milliliters
$\frac{2}{3}$ cup	=	5 $\frac{1}{3}$ ounces	=	158 milliliters
$\frac{1}{2}$ cup	=	4 ounces	=	120 milliliters
$\frac{1}{3}$ cup	=	2 $\frac{2}{3}$ ounces	=	79 milliliters
$\frac{1}{4}$ cup	=	2 ounces	=	60 milliliters
1 tablespoon	=	$\frac{1}{2}$ ounce	=	15 milliliters
1 teaspoon	=	$\frac{1}{6}$ ounce	=	5 milliliters

Tips to control your fluids

- Avoid salty foods to be less thirsty.
- Use small cups and glasses for beverages. Take small sips when drinking.
- Instead of adding ice cubes made with water to your beverage, make ice cubes out of your favorite allowed beverage. You can also use reusable plastic ice cubes you freeze.
- Eat allowed fruits and vegetables ice cold between meals. Fruits and vegetables are very healthy, but follow your treatment plan.
 - If you are on a renal diet, many fruits and vegetables are high in potassium. Eat only allowed amounts of them.
 - If you are on a heart healthy diet, talk with your doctor about your needs.
 - Fruits and vegetables high in water are watermelon, cantaloupe, grapes, oranges, grapefruit, strawberries, cucumbers, celery, and leafy vegetables, like lettuce and spinach.
- Avoid alcoholic beverages unless it is okay for your treatment plan.
- To keep your mouth from getting dry:
 - Sliced lemon wedges can stimulate saliva. Dip lemon in sugar if allowed for your diet, and freeze for a treat.
 - Sour hard candies or chewing gum can moisten your mouth if allowed for your diet.
 - Rinse your mouth with water (do not swallow) or rinse with a non-alcohol mouthwash.
- Weigh yourself daily and record it. You should weigh yourself at the same time of day everyday and wear the same amount of clothing.
- Use a humidifier in your home to increase humidity. Clean your machine often to reduce germs in the home.

Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.