



FLUID RESTRICTION

Department of Dietetics, SGH



WHY DO I NEED TO RESTRICT FLUID INTAKE?

When fluid starts to build up in your body and causes fluid retention, your Doctor may advise you to restrict your fluid intake.



WHAT ARE THE SIGNS & SYMPTOMS OF FLUID RETENTION?

- Shortness of breath
- Swelling legs, arms, face or abdomen
- Increased blood pressure
- Rapid weight gain



YOUR DAILY FLUID ALLOWANCE

Ask your Doctor how much fluid you can have each day.
(as this may change over time)

_____ ml/ day = _____ cups/ day

* 1 cup = 250ml

WHAT COUNTS AS FLUID?

Fluid includes all beverages and foods that are liquid at room temperature.



Fluid Restriction Guide

G Psacharopoulos



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Table of Contents Fluid Restriction Guide

1. Understanding the eBook Fluid Restriction Guide
 - The Rise of Digital Reading Fluid Restriction Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Fluid Restriction Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Fluid Restriction Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Fluid Restriction Guide
 - Personalized Recommendations
 - Fluid Restriction Guide User Reviews and Ratings
 - Fluid Restriction Guide and Bestseller Lists
5. Accessing Fluid Restriction Guide Free and Paid eBooks
 - Fluid Restriction Guide Public Domain eBooks
 - Fluid Restriction Guide eBook Subscription Services
 - Fluid Restriction Guide Budget-Friendly Options

6. Navigating Fluid Restriction Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Fluid Restriction Guide Compatibility with Devices
 - Fluid Restriction Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Fluid Restriction Guide
 - Highlighting and Note-Taking Fluid Restriction Guide
 - Interactive Elements Fluid Restriction Guide
8. Staying Engaged with Fluid Restriction Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Fluid Restriction Guide
9. Balancing eBooks and Physical Books Fluid Restriction Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Fluid Restriction Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Fluid Restriction Guide
 - Setting Reading Goals Fluid Restriction Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Fluid Restriction Guide
 - Fact-Checking eBook Content of Fluid Restriction Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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