



# 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.



All beverages  
(e.g. water,  
coffee, tea,  
juice, etc.)



Soups,  
sauces and  
gravy



Foods that  
melt at room  
temperature  
(e.g. ice, ice  
cream, etc.)



Foods that  
contain a lot of  
water (e.g. jelly,  
porridge, etc.)

# Fluid Restriction Guide

**Mary Courtney Moore**



## **Fluid Restriction Guide:**

**American Dietetic Association Guide to Better Digestion** Leslie Bonci, MPH, RD, 2007-07-17 Self manage digestive disorders through dietary choices Suffering from a gastrointestinal disorder whether it s irritable bowel syndrome gas constipation heartburn or another condition can be embarrassing and debilitating While medical treatments and prescriptions can offer relief one of the most important ways you can help yourself is to choose the right foods to eat Backed by the American Dietetic Association this user friendly guide shows you how to analyze your eating habits so that you can map out a dietary plan to manage and reduce the uncomfortable symptoms of digestive disorders You ll find practical recommendations for implementing changes in your lifestyle and advice on steering clear of common dietary mistakes Your meals will be pleasurable and nourishing experiences not painful ones when you discover how to make the best and most comfortable food choices so you can embark on the road to digestive health      *Fluids and Electrolytes, An Issue of Nursing Clinics* Joshua Squiers, 2017-09-28 Dr Squiers has assembled the leading nurses in the country on the management of fluids and electrolytes to write state of the art reviews on this important topic Readers will come away with current knowledge and management strategies to improve patient outcomes in the following areas Colloids vs crystalloids in trauma resuscitation Colloids vs crystalloids in post cardiopulmonary bypass patients Potassium and magnesium serum levels in Aifb prophylaxis Review of outcomes in hyponatremia in ICP management Does evidence drive fluid volume restriction in chronic HF Assessment of volume status in patients with mechanical cardiac support devices Assessment of volume status utilizing ultrasounds examination Managing electrolyte disturbances in tumor lysis syndrome Post cystectomy electrolyte issues with neobladder hypophosphatemia effects on weaning mechanical ventilation and Does fluid resuscitation affect long term cognitive function in sepsis      **NCLEX High-Yield MCQs & Exam Prep Guide** Hammam Gharbia, 2025-07-28 Master the NCLEX with Confidence Your High Yield MCQ it teaches you how to conquer the exam Authored by an Expert Benefit from the insights and expertise of Dr Gharbia a medical professional dedicated to empowering future healthcare providers His practical approach ensures that the material is not only academically sound but also clinically relevant Who Will Benefit from This Guide This book is an invaluable resource for Nursing students preparing for the NCLEX RN or NCLEX PN Graduates seeking a focused review before their licensure exam Educators looking for high quality practice questions and explanations for their students Your journey to becoming a licensed nurse starts here      **Handbook of Nutrition and Diet** Desai, 2000-08-16 This handbook of nutrition and diet provides information on food nutrients and their functions food safety and distribution food composition consumption and utilization adequacy of diet and the nutritional management of diseases and disorders It also discusses the effects of nutrition and diet on diseases of the bones teeth hair kidneys liver and nervous system      [ADA Pocket Guide to Nutrition Assessment](#) Pamela Charney, Ainsley Malone, 2009      *The IACUC Handbook* Jerald Silverman, Mark A. Suckow, Sreekant Murthy, 2014-05-20 Ever since its establishment by USDA regulation in the mid

1980s the Institutional Animal Care and Use Committee IACUC has evolved as the premier instrument of animal welfare oversight within research institutions in the United States As biomedical research continuously grows the role and impact of the IACUC has increased in scope and complexity The IACUC Handbook has become the Bible for individuals when the time comes for them to serve on their institution s IACUC It provides a foundation for understanding and implementing the many and varied responsibilities of this committee This Third Edition comprehensively addresses the significant changes in the pertinent regulatory environment and interpretation of applicable federal laws regulations and policies It provides multiple references and commentary on the new edition of the Guide for the Care and Use of Laboratory Animals the new AVMA Guidelines for the Euthanasia of Animals 2013 Edition and the Office of Laboratory Animal Welfare s Frequently Asked Questions The Third Edition also features an updated survey of IACUC practices from institutions around the United States offering wisdom gained from their experience In addition it includes a chapter that provides an international perspective on how animal welfare reviews can function in other countries *DeGroot's Endocrinology, E-Book* R. Paul

Robertson,2022-09-29 Thoroughly updated to reflect today s recent advances in adult and pediatric endocrinology DeGroot s Endocrinology 8th Edition remains the comprehensive international reference of choice for today s endocrinologists and fellows A full peer review of the previous edition conducted by a largely new group of renowned editors was used to update this trusted two volume resource In depth coverage of both basic and clinical aspects of endocrinology and up to date information on the treatment and management of endocrine disorders are provided by a diverse group of expert contributors from six continents A full color format and helpful algorithms summarize clinical decision making and practical approaches to patient management Organizes content by all the glands that regulate the endocrine system while integrating basic science and clinical presentations of disease Includes new chapters Anatomy and Physiology of the Hypothalamus and Pituitary Differentiated Thyroid Cancer Medullary Thyroid Cancer Drugs that Affect Thyroid Function Genetic Disorders of the Adrenal Cortex Adrenal Pathology Primary Aldosteronism Transgender Healthcare Erectile Dysfunction Prevalence and Causes of Male Infertility Sexual Dysfunction in the Female Glucose Toxicity and Oxidative Stress Emphasizes basic science and evidence based practice throughout Features extensive updates to content on thyroid and adrenal dysfunction endocrine disrupting chemicals and human disease clinical management of diabetes and advances in genetics Includes algorithms to outline effective treatment protocols Contains new emphasis boxes that highlight key points in each chapter Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices [A Clinical Guide to Nutrition Care in Kidney Disease](#) Laura Byham-Gray,Karen Wiesen,2004 A complement to Guidelines for Nutrition Care of Renal Patients 3e and Renal Care Resources and Practical Applications Features practical and authoritative guidelines for all stages and treatments of renal disease Addresses the National Kidney Foundation s Disease Outcome Quality Initiative NKF KDOQI Guidelines Provides practical nutrition intervention sections

Examines useful case studies Offers helpful hints to treat common patient problems Includes the latest information on Medical Nutrition Therapy Represents a consensus formed by clinical practitioners on the basis of current scientific literature and experience A Clinical Guide to Nutrition Care in Kidney Disease can also be used as a study tool for the CSR exam

The Ultimate Pharmacy Calculations Guide Pharmacy CPA, 2014-05-28 This book has been created for students wanting to take pharmacy registration assessment exams and become a licensed pharmacist Calculations are often considered as the hardest part of any pharmacy orientated exam and is often the main reason for exam failure For this reason we have collected a team of highly skilled pharmacy professionals to compile and refine this book to ensure it presents what you really need to know In this book we explore the wide range of questions which can be presented during exams such as the GPhC Naplex PEBC FPGEE and many more The book not only contains questions and learning resources but also worksheet for you to practically apply the knowledge you have learnt The key sections in this book include The basics behind pharmacy calculations Exponents and scientific calculations Conversions Medical abbreviations Dosage Concentration Infusion Alligation Body weight and surface area Paediatric dosages Mixing liquid preparations Pharmacoeconomics

*Pocket Guide to Fluid, Electrolyte, and Acid-Base Balance - E-Book* Ursula Heitz, Mima M. Horne, 2004-10-20 Compares different types of parenteral and enteral feedings along with nursing implications Contains expanded and updated relevant IV therapy and pharmacology Features updated content throughout with current literature and research findings such as most current blood pressure guidelines from the U S Department of Health and Human Services

*Geriatric Admission, The: A Handbook For Hospitalists* Derrick Chen Wee Aw, Anupama Roy Chowdhury, 2023-06-16 This is a guide book that showcases the commonest clinical problems encountered in the inpatient setting concerning elderly patients Each chapter is based on a symptomatic theme and quizzes the reader through the evolution of a patient scenario upon hospitalisation Engaging discussions occur after each quiz question focusing on approaches and diagnostic and therapeutic pearls This practical handbook will be exceedingly useful for both junior and senior clinicians who deal with elderly inpatients on a day to day basis Medical students and other students of geriatric medicine will also find it beneficial for their revision Nationally and globally populations are ageing We are seeing an increasing number of elderly patients being admitted to the hospital for a variety of medical problems The government is placing increasing emphasis on recruiting training and retaining generalist clinicians hospitalists who need to take care of elderly patients in hospitals As such this book will be an extremely practical resource for hospitalists around the world Using a quiz format on a background of an evolving patient scenario the reader is led on an exciting journey to discover one's gaps in diagnostic and management aspects and to learn useful approaches and tips from our experts

**Dietitian's Handbook of Enteral and Parenteral Nutrition** Annalynn Skipper, 2012 This thoroughly revised and updated Third Edition of a bestselling handbook provides comprehensive coverage of systems approaches to medical nutrition therapy Designed for

graduate nutrition students dietetic interns and practicing dietitians this authoritative handbook provides a solid foundation in and reference to the nutrition support field Expert contributors present a practical approach to the delivery of parenteral and enteral nutrition It covers all of the basics nutritional assessment nutrition management monitoring and complications and formulas as well as new topics wound healing trauma and critically ill obese patients This is the first textbook to fully integrate the Nutrition Care Process into enteral and parenteral nutrition content as specified in the 2008 Commission on Accreditation of Dietetic Education Standard II The Nutrition Care Process content is updated to reflect changes from the 2011 edition of the International Dietetics and Nutrition Terminology

### **UCL Hospitals Injectable Medicines**

**Administration Guide** University College London Hospitals, 2013-07-19 I would definitely recommend this book to all staff with an interest and involvement in intravenous drug therapy The Pharmaceutical Journal There is no doubt that nurses will find this small book useful It should be available for consultation in any clinical area where drugs are administered to patients by the injectable routes Journal of Clinical Nursing The safe administration of injectable medicines is key to patient safety The NPSA recognises the use of injectable medicines is a high risk activity and recommends written information about injectables to be available at the point of preparation The UCL Hospitals Injectable Medicines Administration Guide is a practical accessible guide covering many important aspects of administering medicines by injection It provides clear concise information on the preparation and administration of over 245 injectable medicines for adults paediatrics and neonates It is an essential resource for nurses and other healthcare professionals it provides the key information and advice needed for the safe and effective administration of injectable medicines The Guide s introductory section provides a concise yet comprehensive overview of injectable therapy including the risks and benefits of IV administration infusion devices and pharmaceutical aspects of injectable therapy For each drug the alphabetically tabulated monographs provide A practical method of preparation and administration via the IV IM and SC routes with risk reduction in mind at every step Expert advice from the team of specialist pharmacists at UCLH to ensure safe and pragmatic use of each medicine Monitoring advice for the management of reactions that may occur during administration Y site and syringe driver compatibility data Minimum infusion volume data for fluid restricted patients Extravasation warnings pH sodium content displacement values stability and flush data New to this edition 40 new monographs including recently marketed unlicensed rarely used and specialist medicines Detailed advice for the administration of high risk medicines such as heparin with access to UCLH s medicine related guidelines at [www.wiley.com/go/UCLH](http://www.wiley.com/go/UCLH) A colour coded NPSA risk assessment for every mode of administration for every medicine to highlight the safest method of administration A user guide and tutorial to give new readers confidence in using and understanding the Guide Revised chapters on administration methods and devices aseptic non touch technique and latex allergy Fully revised and expanded Y site compatibility section Spiral binding to allow the book to be left open at the relevant page The Guide is also available electronically at [www.uclhguide.com](http://www.uclhguide.com)

### **An Insider's Guide to the Medical**

**Specialties** Ian Reckless, John Reynolds, Raghieb Ali, 2006-11-09 As medicine becomes more specialized doctors working in general medicine and general practice can quickly lose touch with advances occurring in other fields Never having heard of an investigation or carrying dated misconceptions as to a prognosis can be frustrating at best and dangerous at worst The aim of this book is to strike a balance between refreshing old knowledge and updating the reader on significant advances that have occurred in a particular specialty with this in mind each chapter is written by a trainee and a specialist in the relevant area The content will be of interest to consultants and trainees in the medical specialties general practitioners and medical students At times entertaining irreverent and controversial this is not a book to be left nestling in the pocket of a white coat or gathering dust on a shelf Acute Care Handbook for Physical Therapists - E-Book Jaime C. Paz, Michele P. West, 2013-10-04 NEW Restructured table of contents helps you quickly locate information NEW Language from the International Classification of Functioning Disability and Health ICF model adopted by the American Physical Therapy Association increases your familiarity with terminology NEW New intervention algorithms along with existing algorithms break clinical decision making into individual steps and sharpens your on the spot critical thinking skills NEW A quick reference appendix covering abbreviations commonly found in the acute care environment supplies the translation tools you need while flagging any abbreviations that may be harmful to the patient Study Guide for Essentials for Nursing Practice - E-Book Patricia A. Potter, Anne G. Perry, Patricia A. Stockert, Amy Hall, Patricia Castaldi, 2014-02-28 Master content from your textbook with this helpful study tool Corresponding to the chapters in Basic Nursing 7th Edition this study guide helps you understand and apply material with chapter review questions activities case studies and more Chapter review questions include matching short answer multiple choice and true false questions to provide evaluation and test taking practice Skills performance checklists help you measure your mastery of important nursing procedures Each chapter includes a case study with related questions allowing you to apply what you've learned Instructions for creating and using study charts assist you in organizing the material and reviewing key concepts Study group questions make it easier for you to review material with your peers *Anesthesiology Review: A Comprehensive Q&A Guide* Ivan Keser, MD, Admir Hadzic, MD, PhD, The Anesthesiology Review features an unparalleled collection of 1 800 questions meticulously crafted from 320 specific topics that span the entire spectrum of anesthesiology practice Each question challenges and expands the reader's understanding ensuring a solid grasp of both fundamental concepts and advanced techniques The questions cover the entire field of Anesthesiology providing a 360 degree view of the field Access the latest published information ensuring that readers are not only preparing with comprehensive content but are also up to date with the most current standards and practices in anesthesiology Each question has been written and reviewed by NYSORA's team of top experts guaranteeing a level of precision and expertise that is unmatched A rationale for the best answer with every question enhances the learning experience allowing readers to understand not just the what but the why behind each answer fostering deeper learning and

retention Anesthesiology Review is not just another question book it is the most comprehensive text available for the review of anesthesia tailored for both oral and written board examinations Its format is designed to cater to a wide range of learning preferences **The Art of Comprehensive Charting: A Nurse's Guide to Clear and Effective Documentation**

Pasquale De Marco,2025-05-21 The Art of Comprehensive Charting A Nurse s Guide to Clear and Effective Documentation is an indispensable resource for nurses seeking to master the art of nursing documentation This comprehensive guide provides a wealth of knowledge skills and strategies to help nurses excel in this vital aspect of nursing practice Within its pages nurses will embark on a journey of discovery delving into the intricacies of patient assessment medication administration and pain management while mastering the art of fluid and electrolyte balance infection control and discharge planning With clarity and precision the book unravels the complexities of nursing documentation empowering nurses to navigate the ever changing healthcare landscape with confidence and competence Through real world scenarios and evidence based guidelines nurses will learn how to Accurately and timely document patient assessments including vital signs pain levels and neurological status Safely and effectively administer medications ensuring proper dosage timing and patient education Implement comprehensive pain management strategies encompassing both pharmacological and non pharmacological interventions Monitor and manage fluid and electrolyte balance recognizing and addressing imbalances promptly Adhere to infection control protocols preventing the spread of infection and protecting patients and healthcare workers Develop discharge plans in collaboration with patients and families ensuring a smooth transition back home This book is an invaluable resource for nurses of all experience levels from those just embarking on their nursing journey to seasoned professionals seeking to refine their skills With its wealth of knowledge and practical guidance The Art of Comprehensive Charting empowers nurses to provide the highest quality of care to their patients safeguard their legal interests and contribute to the advancement of nursing practice Invest in your nursing career and elevate your documentation skills with this essential guide Embrace the transformative power of effective documentation and make a lasting impact on the lives of your patients If you like this book write a review on google books *Acute Care Handbook for Physical Therapists* Jaime C Paz,Michele P

West,2013-09-27 Review of body system basics and disease processes in each chapter provides concise information to help you better manage patients in a hospital setting Familiarizes you with the acute care environment by explaining medical terminology hospital protocol and surgical workupsIncludes updated information on medications laboratory and diagnostic tests and surgical and invasive procedures pertinent to physical therapy practiceClinical tips throughout the text show you how to maximize safety quality and efficiency of care Over 350 illustrations tables and boxed text highlight essential concepts and procedures for quick reference Uses terminology consistent with the Guide to Physical Therapist Practice Second EditionFocuses on evidence based practice to help you determine the best interventions including recent literature regarding rehabilitation in the critical care setting NEW Pertinent practice patterns from the Guide to Physical Therapist Practice



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**Mosby's Pocket Guide to Nutritional Assessment and Care - E-Book** Mary Courtney Moore, 2016-07-02 MyPyramid and MyPyramid for Kids simplify diet and lifestyle planning for all age groups NEW assessment tool MEDFICTS Meat Eggs Dairy Fried foods In baked goods Convenience foods Table fats Snacks helps evaluate an individual's diet MORE information on limiting sodium intake to fight hypertension and ischemic heart disease EXPANDED content on the liver particularly related to hepatitis NEW table lists medications that can impair control of glucose and lipid levels NEW information on medications to address the nutritional implications of cancer HIV infection and diabetes

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