



# 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

**Jaime C Paz, Michele P West**



## **Fluid Restriction Guide:**

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