



# 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.)

# Instructions For Fluid Restrictions

**LM Reder**



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## **Table of Contents Instructions For Fluid Restrictions**

1. Understanding the eBook Instructions For Fluid Restrictions
  - The Rise of Digital Reading Instructions For Fluid Restrictions
  - Advantages of eBooks Over Traditional Books
2. Identifying Instructions For Fluid Restrictions
  - 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 Instructions For Fluid Restrictions
  - User-Friendly Interface
4. Exploring eBook Recommendations from Instructions For Fluid Restrictions
  - Personalized Recommendations
  - Instructions For Fluid Restrictions User Reviews and Ratings
  - Instructions For Fluid Restrictions and Bestseller Lists
5. Accessing Instructions For Fluid Restrictions Free and Paid eBooks
  - Instructions For Fluid Restrictions Public Domain eBooks

- Instructions For Fluid Restrictions eBook Subscription Services
- Instructions For Fluid Restrictions Budget-Friendly Options
- 6. Navigating Instructions For Fluid Restrictions eBook Formats
  - ePub, PDF, MOBI, and More
  - Instructions For Fluid Restrictions Compatibility with Devices
  - Instructions For Fluid Restrictions Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Instructions For Fluid Restrictions
  - Highlighting and Note-Taking Instructions For Fluid Restrictions
  - Interactive Elements Instructions For Fluid Restrictions
- 8. Staying Engaged with Instructions For Fluid Restrictions
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Instructions For Fluid Restrictions
- 9. Balancing eBooks and Physical Books Instructions For Fluid Restrictions
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Instructions For Fluid Restrictions
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Instructions For Fluid Restrictions
  - Setting Reading Goals Instructions For Fluid Restrictions
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Instructions For Fluid Restrictions
  - Fact-Checking eBook Content of Instructions For Fluid Restrictions
  - 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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