



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

Richard Bailey



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