

Helpful Hints for Fluid Control

Translations available in:

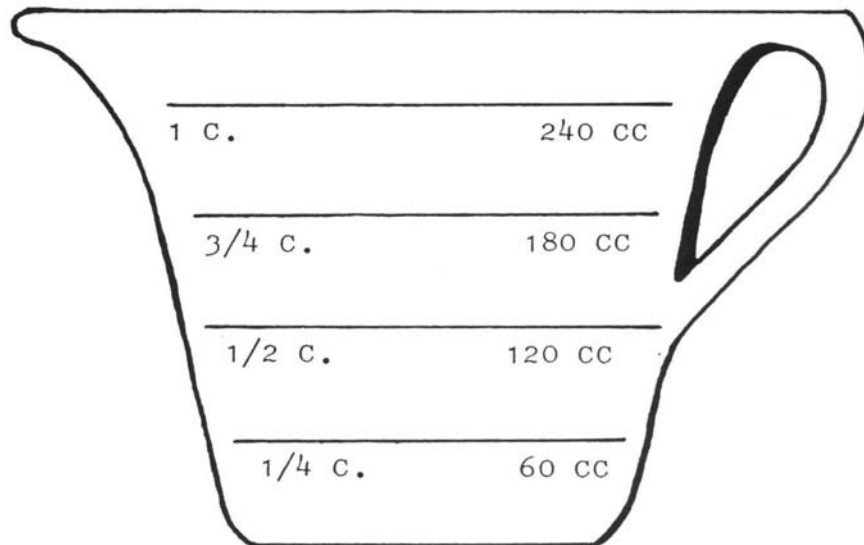
[Arabic](#), [Chinese](#), [French](#), [Korean](#), [Russian](#), [Spanish](#)

1. Drink to satisfy thirst only. If you avoid high sodium (salty) foods, you will be less thirsty.
2. Ice cold liquids and ice may satisfy your thirst better than a warm or hot beverage.
3. Try a lemon slice to moisten “dry” mouth.
4. Rinse your mouth with water or mouthwash, but do not swallow it.
5. Take your medications with mealtime liquids.
6. Use very small cups and glasses for beverages. A full, small cup looks more appealing than a half-filled large cup.
7. Measure the ice allowed for the day and store in a special container in your freezer.
8. Try putting a small amount of lemon juice in the ice cubes; you’ll use fewer.
9. Freeze allowed fruit juices in ice cube trays to reduce how much you drink and to increase your caloric intake.
10. Try to use allowed fluids that contain calories (pop, lemonade) rather than ice or water.
11. Suck on sour candies to moisten your mouth and to help satisfy your thirst. These are a good source of calories too.
12. When you are thirsty, try eating something like bread with margarine and jelly before taking any liquids.
13. Be sure to eat well-balanced meals and you will have less desire for excess fluids.
14. Weigh yourself in the morning and evening and adjust your fluid intake so you don’t gain more than a pound a day.



Fluid Restriction

Fluid Allowed Each Day = _____ cups = _____ CC



Directions:

1. Measure in standard measuring cups.
2. Medications must be taken with allowed fluids.
3. Drain liquids from fruits and vegetables.
4. Any beverage or the following count as fluid:
 - a. Jello
 - b. Sherbet
 - c. Ice
 - d. Popsicles
 - e. Soup

NOTE: 1 cup = 8 ounces (240 cc)
1/2 cup = 4 ounces (120 cc)
1/4 cup = 2 ounces (60 cc)



Patient Food and Nutrition Services
UH-2C227/0056
1500 E. Medical Center Dr.
Ann Arbor, MI 48109-0056
734-936-7527