

# 1200ml FLUID RESTRICTION

Your Doctor has requested that you limit the amount of fluid that you consume.

The following information may help you achieve this.

## **A fluid is anything that is liquid at room temperature**

This includes soup, juice, ice-cream, jelly, custard, yoghurt, sauces and gravies.

Alcohol is also considered as fluid.

The plan below is a guide to your daily fluid intake. One cup = 250mls fluid.

Breakfast	150ml of milk for cereal & 150ml water, juice, tea or coffee
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Morning Tea	200ml water, juice, tea or coffee
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Lunch	200ml water, juice, tea or coffee
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Afternoon Tea	200ml water, juice, tea or coffee
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Dinner	200ml water, juice, tea or coffee
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Supper	100ml water, juice, tea or coffee
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Some hints to make this a little easier:

- Keeping to a low salt diet will make it easier to maintain your fluid restriction
- Spread your fluid intake over the day
- Sucking ice cubes, chewing gum, or using mouthwash to keep your mouth fresh and moist

Please speak to your practice nurse if you would like further information about your fluid restriction.