

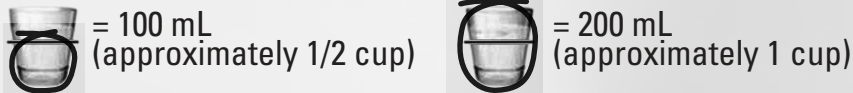
# Weekly Fluid Intake Record

Amount of water per day (check one):

- 1000 mL per day     1500 mL per day     Other: \_\_\_\_\_ mL per day

Preferred Fluid (check all that apply):

- Water ( ice    no ice    warm    thickened    Other: \_\_\_\_\_)  
 Juice: \_\_\_\_\_ ( ice    no ice)  
 Other: \_\_\_\_\_



Week of: \_\_\_\_\_

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1							
2							
3							
4							
5							
6							
7							
8							
<b>Total Volume</b>							

### Tips to Promote / Encourage Fluid Intake

- Offer fluid with each hourly check-in.
- Offer fluid with each interaction with the patient (like the med pass).
- Provide a full glass of fluid with each med pass.
- Encourage increased fluid intake with meals.
- Family members to offer fluid each hour on the hour while awake.

### Hydration Information

- Increase fluid intake when patient is feeling unwell or has illness.
- Increase fluid intake during warm weather.
- Adequate fluid intake promotes regular bowel patterns.
- Beverages that contain caffeine (tea/coffee/soda) are poor sources for providing hydration as they have diuretic properties and contribute to fluid loss (makes the patient void more).

### Quick Reference of Sample Volumes (volumes may vary)



150 mL water glass (used to pass meds)



175 mL water glass



225 mL glass cup (coffee/tea)



200 mL plastic cup (coffee/tea)



225 mL soup/cereal bowl



70 mL small bowl (pudding etc.)

For more directions and guidance:



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