

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: _____

 = 100 mL
(approximately 1/2 cup)

 = 200 mL
(approximately 1 cup)

Week of: _____

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

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)



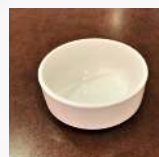
175 mL
water glass



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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