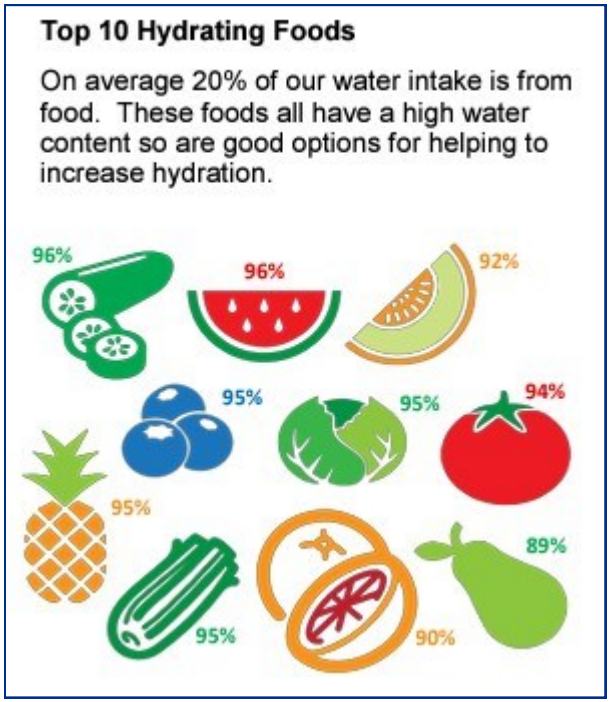
Summary



Useful websites and reading:

FoodSwitch - Action on Salt

Kidney Patient Guide - Fluid intake

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Fluid input and output (Fluid balance)

A guide for patients

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس‌پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

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proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أُخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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What is fluid balance?

Fluid balance is a term used to describe the amount of fluid that goes into your body (input) and the amount of fluid that goes out of your body (output).

Illness and injury can affect fluid balance and sometimes when you are in hospital, the doctors and nurses need to know what amount of fluid is going into and out of your body. This helps the team to know if your body is working as it should be.

What is a fluid balance chart?

The amount of fluid going into your body and out of your body can be monitored using a fluid balance chart. The chart has two sides. The input side (what goes into your body) and the output side (what goes out of your body). The fluid balance chart can help the doctors and nurses to know if you have too much or not enough fluid in your body.

If there is too much or not enough fluid in your body this can lead to problems with your organs such as your heart and kidneys.

Fluid overload

Fluid overload is when the body has more fluid in it than the amount of fluid that is passed out.

Symptoms of fluid overload

If you have fluid overload, you may experience the following symptoms:

- Sudden increase in weight.
- Swelling, particularly in the feet, ankles, hands, and face.
- Shortness of breath.
- High blood pressure.
- Discomfort such as a headache or stomach bloating.

Fluid record chart

Fluid restriction :

Date & time/meal	Amount of fluid input	Fluid output
Breakfast		
Mid-morning		
Lunch		
Mid-afternoon		
Evening meal		
Supper		
During the night		
Other		
Total intake =		

Fluid record chart

Fluid restriction :

Date & time/meal	Amount of fluid input	Fluid output
Breakfast		
Mid-morning		
Lunch		
Mid-afternoon		
Evening meal		
Supper		
During the night		
Other		
Total intake =		

Dehydration

Dehydration is when the body has more fluid going out than the amount of fluid going in. This upsets the fluid balance inside the body.

Symptoms of dehydration

If you become dehydrated, you can have the following symptoms:

- Feeling thirsty.
- Dark urine, strong smelling.
- Passing less urine than usual.
- Feeling dizzy or lightheaded.
- Headaches and tiredness.
- Dry mouth, lips and tongue.
- Confusion.
- Lack of concentration.

What goes into your body (input)

Input is anything that you drink for example, tea, coffee, water, milk, juice or soup.

Whilst you are in hospital you may need to have a needle in your hand (cannula) so the nurse can give you fluids directly into your vein (intravenously) such as fluids, blood or medications such as antibiotics. This fluid is also counted as your input.

What goes out of our body (output)

Passing urine is one way that fluid leaves the body, but there are other ways too such as vomiting or diarrhoea.

If you have surgery whilst in hospital, you may have a drain in place, this is another way fluid leaves the body and is counted as your output.

How will the nurses and doctors monitor how much fluid is going in and out of your body?

The nursing team will record how much fluid comes in and out of your body, by measuring how many drinks or how much intravenous fluid you have. The nursing team will also measure how much urine, vomit, or diarrhoea you pass, and if you have a drain in situ, how much drainage is in the drain.

Fluid restriction

A fluid restriction is when the doctor asks you to have a limited amount (a certain amount) of fluid each day. The doctor can ask for this when there is too much fluid building up in your body.

The doctor or nurse will let you know if you need to be on a fluid restriction and the nursing team will document the amount of fluid you are allowed to have each day.
For example:

Fluid restriction:

1200 mls per day

This means you are allowed to have 1200mls from 8am in the morning until 8am the next day.

Fluid restriction :

Date & time/meal	Amount of fluid input	Fluid output
Breakfast		
Mid-morning		
Lunch		
Mid-afternoon		
Evening meal		
Supper		
During the night		
Other		
Total intake =		

Fluid record chart

Fluid restriction :

Date & time/meal	Amount of fluid input	Fluid output
Breakfast		
Mid-morning		
Lunch		
Mid-afternoon		
Evening meal		
Supper		
During the night		
Other		
Total intake =		

Fluid measurements

When counting fluids, remember to include all drinks, including milk on cereal and water taken with tablets.

This list can be used as a guide to help you measure your fluid intake:

1 small cup	=	150 mls
1 mug	=	200 mls
1 glass	=	150mls
1 beaker	=	200 mls
1 can fizzy drink	=	330 mls
1 small can fizzy drink	=	150 mls
1 pint	=	568 mls
1/2 pint	=	284 mls
Milk just covering cereal	=	100 mls

Fluid in food

Remember that food also contains fluid:

1 portion of milk pudding	= 150 mls
1 portion of custard	= 100 mls
1 portion of jelly	= 100 mls
1 carton of yoghurt	= 125 mls
1 scoop/ brickette of ice cream	= 50 mls
1 portion of stew or casserole	= 100 mls
1 portion of savoury sauce	= 50 mls
1 tablespoon gravy	= 15 mls

If you need to **restrict** your fluid intake you may be advised to count the fluid in the above list as part of your fluid intake for the day. You do not need to count the fluid in rice, pasta, fruit, vegetables, salad or potatoes.

What can you do to measure your input and output?

There is a chart at the back of this booklet where you can write down every time you have a drink. This will give an accurate record of how much fluid has gone into your body.

The nursing team will provide a urine bottle or toilet liner for you to pass urine, so every time you need to pass urine this can be measured and noted on your fluid balance chart.

If you have any questions or need assistance to fill in the chart at the back of the booklet, please let the doctor or nursing team know.

Recording your fluid input and output

Example:
This is an example of how to complete an input and output chart:

Fluid restriction :

1000mls

Date & time/meal 01.01.24	Amount of fluid input	Fluid output
Breakfast	100 ml milk on cereal 100 ml tea	urine
Mid-morning	40ml water	
Lunch	75ml lemonade	urine
Mid-afternoon	100ml tea	urine
Evening meal	100ml jelly 100ml tea	
Supper	100ml milk	urine
During the night	50ml water to take tablets	vomit
Other	150ml to take tablets	
Total intake =	**915ml**	