

THINGS TO REMEMBER

- You may need to restrict your fluid intake if you have heart failure or kidney disease. Check with your doctor or dietitian regarding your daily fluid allowance.
- Fluids include all beverages and foods that are liquid at room temperature.
- Tips to restrict your fluid intake:
 - Use measuring cups to accurately measure your fluid intake.
 - Fill up a jug/bottle of water and use this to keep track of your fluid intake. Whenever you consume any beverages and/or take foods that contain fluids, pour out an equal amount from this same jug/bottle. In this way, you can keep track of your daily fluid intake.
 - Limit sodium intake. Excessive sodium intake makes you thirsty, making it difficult to keep to your fluid allowance.

WHERE CAN I GET MORE INFORMATION?

To find a dietitian, please call 6357 8322 for appointment. You will need to obtain a referral from your doctor for a dietitian consultation.

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Department of NUTRITION & DIETETICS

Restricting Fluid Intake



WHEN AND WHY DO YOU NEED TO RESTRICT FLUID INTAKE?

You may need to restrict your fluid intake if you have:

1. Heart Failure

With heart failure, your heart does not pump out enough blood to the tissues. This causes extra fluids to build up in your body.

2. Kidney disease

Our kidneys help to remove extra fluids. When your kidneys are not working properly, fluids may build up. If you are on dialysis, it can only help to remove some fluids.

Too much fluids in the body can cause:

- Shortness of breath (due to fluids in the lungs)
- Swollen arms and legs
- Increased blood pressure

Restricting fluid intake helps to minimise fluid build-up and achieve better blood pressure control. Check with your doctor or dietitian regarding your daily fluid allowance.

WHAT IS COUNTED AS FLUID?

Fluids include all beverages and foods that are liquid at room temperature. These include:

- Water and ice
- Soft drinks and fruit juices
- Coffee and tea
- Milk, yoghurt, ice cream, puddings and jellies
- Soups, gravies and sauces
- Alcohol
- Porridge



The following table only serves as a guide. Measure your cups and bowls at home, as they may differ in volume.

Item	Volume (ml)
1 teaspoon	5
1 tablespoon	15
1 Chinese soup spoon	30
1 ice cube	20
1 full sip	30
1 cup	250
1 Chinese bowl porridge	100
1 scoop ice cream	50

TIPS TO RESTRICT FLUID INTAKE

- ✓ Use measuring cups to accurately measure your fluid intake.
- ✓ Fill up a jug/bottle of water and use this to keep track of your fluid intake. Whenever you consume any beverages and/or take foods that contain fluids, pour out an equal amount from this same jug/bottle. In this way, you can keep track of your daily fluid intake.
- ✓ Spread out your fluid allowance throughout the day.
- ✓ Drink from smaller cups.
- ✓ Rinse your mouth with water but do not swallow.
- ✓ Suck on an ice cube slowly as it is better at quenching thirst. Ice should be included in your daily fluid intake as it is a liquid at room temperature.
- ✓ Suck on sweets or lemon slices to stimulate saliva production.
- ✓ Limit sodium intake. Excessive sodium intake makes you thirsty, making it difficult to keep to your fluid allowance.