



Fluid Restriction

Objectives:

- Understand why an individual may require a fluid restriction.
- Give examples of foods that become liquid at room temperature and the fluid measurement equivalent.
- List ways to help alleviate a dry mouth.

Fluid Restrictions are physician ordered when medical conditions in which the heart, kidneys, and/or liver are no longer functioning properly. Restricting fluids helps prevent the body from going into fluid overload. The physician order will indicate the number of mL of fluids allowed daily. Nursing and dietary departments should work together to determine the amount of fluids each department will provide. Dietary fluids are divided per meal. Nursing fluids are divided into shifts according to medication pass and the individuals' daily routine.

Fluids:

A fluid is anything that is liquid at room temperature. Examples include:

- Ice cream/Sherbet
- Gelatin
- Popsicles
- Soup
- Any Beverage (coffee, tea hot chocolate, milk, soda, lemonade, vegetable juice, nutritional supplements, alcoholic beverages, milk shakes, water, etc.)
- Ice cubes

Fluid Measurements
240 mL = 8 ounces = 1 cup
180 mL = 6 ounces = $\frac{3}{4}$ cup
120 mL = 4 ounces = $\frac{1}{2}$ cup
30 ml = 1 ounce

The below table refers to the food in which the fluid content is less than their volume:

Food Item	Portion Size	Fluid Content (in milliliters)
Gelatin	$\frac{1}{2}$ cup	140
Sugar-free gelatin	$\frac{1}{2}$ cup	140
Sherbet	4 fl oz	60
Sugar-free sherbet	3 fl oz	50
Ice cream	4 fl oz	50
Frozen pop, twin size	2.5 fl oz	70
Soup	$\frac{3}{4}$ cup	170
Supplement with 1 calorie per mL	8 fl oz	200
Supplements with 1.5 calories per mL	8 fl oz	180
Supplements with 2 calories per mL	8 fl oz	170



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It is common for individuals to have complaints dry mouth or feeling thirsty. Ways to relieve thirst:

- Rinsing mouth with water and spitting it out
- Brushing teeth and gargling with mouthwash
- Sucking on sour/tart hard candy (use of sugar-free candy can help reduce excessive calorie intake and dental caries)
- Chewing gum
- Eat chilled or frozen fruit
- Put an ice cube in mouth to melt. Eat crushed ice. Ice is twice as bulky as water ($\frac{1}{2}$ cup ice = $\frac{1}{4}$ cup of water)
- Stay cool. Keeping cool help reduce thirst. Drink cold liquid instead of hot liquids.

Reference:

Indiana Academy of Nutrition and Dietetic – Indiana Diet Manual Ninth Edition 2016; Fluid Management 444-445



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Name: _____
Position: _____
Date: _____

Fluid Restriction – Pre-Test

1. True or False: An individual is placed on a fluid restriction to help prevent the body from going into fluid overload.
2. True or False: Gelatin should not be counted as fluid.
3. The fluid content of 4oz serving of ice cream:
 - a. 120 mL
 - b. 60 mL
 - c. 50 mL
 - d. None of the above, ice cream should not be counted as fluid.
4. The fluid content of 8oz of milk:
 - a. 240 mL
 - b. 120 mL
 - c. 90 mL
 - d. 180 mL
5. Which of the following could help someone with complaints of a dry mouth:
 - a. Chewing gum
 - b. Sucking on hard candy
 - c. Eat chilled or frozen fruit
 - d. All of the above

Fluid Restriction – Post-Test

1. True or False: An individual is placed on a fluid restriction to prevent the body from going into fluid overload.
2. True or False: Gelatin should not be counted in a fluid restriction.
3. The fluid content of 4oz serving of ice cream:
 - a. 120 mL
 - b. 60 mL
 - c. 50 mL
 - d. None of the above, ice cream should not be counted as fluid.
4. The fluid content of 8oz of milk:
 - a. 240 mL
 - b. 120 mL
 - c. 90 mL
 - d. 180 mL
5. Which of the following could help someone with complaints of a dry mouth:
 - a. Chewing gum
 - b. Sucking on hard candy
 - c. Eat chilled or frozen fruit
 - d. All of the above



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Fluid Restriction – Answer Key

1. True
2. False
3. C
4. A
5. D