**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: ___________________________________________________________________________

150 mL (approximately 1/2 cup) = 200 mL (approximately 1 cup)

Week of: __________________________________________________

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**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:

[AMMI Canada](www.ammi.ca)

#SymptomFreeLetItBe