

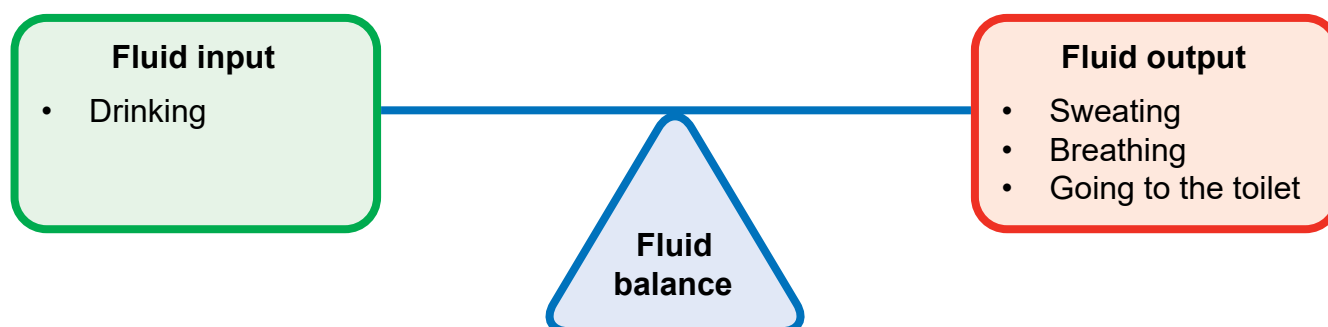
Patient information factsheet

Fluid balance monitoring

We have given you this factsheet because we would like you to monitor and record your own fluid balance during your stay in hospital. It explains what fluid balance is and how to monitor it. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, please speak to your doctor or nurse.

What is fluid balance?

Fluid balance is a medical term that is used to describe the balance of fluids in your body. It is calculated by measuring the amount of fluid you put into your body (fluid input) and the amount of fluid you release from your body (fluid output).



What is fluid balance monitoring?

Fluid balance monitoring is the act of recording how much fluid you drink and how often you go to the toilet a day to help your doctor accurately work out your fluid balance.

Why do I need to monitor my fluid balance?

Your body is made up of 50 to 75% fluid. This fluid is involved in many important bodily functions. For example, it helps:

you to think, focus and stay alert

lubricate and absorb shocks in your joints

prevent or relieve constipation



transport nutrients around your body

make breathing easier

your kidneys to remove waste products

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Staying hydrated and maintaining a healthy balance of fluid in your body is very important, especially when you are unwell, as this allows your body to continue working normally.

Having too much or too little fluid in your body can lead to health problems, such as:

- dehydration (when your body loses too much fluid)
- oedema (a build-up of fluid in the body which can cause swelling of tissue)

What is a fluid restriction?

A fluid restriction is when an individual is advised to have a **limited amount of fluid a day**.

Your doctor may recommend you have a fluid restriction to prevent fluid building up in your body or to reduce excess fluid that is already there. This may be due to a pre-existing health condition, such as kidney disease or heart failure. If this is the case, your doctor will fill out the section below with your personal daily fluid restriction and explain what this means for you.

Your daily fluid restriction is: _____ ml/litre

The reason for this fluid restriction (if applicable):

Useful links

www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/water-drinks-nutrition



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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**

How to monitor your fluid balance

Fluid input

Each time you drink something, please add a tally line (|) next to the appropriate drink size in the correct two-hour time slot below.

Your daily fluid target is: _____ ml/litre

Drink size	Time							
	6 to 8am	8 to 10am	10am to 12pm	12 to 2pm	2 to 4pm	4 to 6pm	6 to 8pm	8pm to 6am - overnight
Water cup (200ml)								
Coffee or teacup (250ml)								
Beaker (200ml)								
Small Costa cup (230ml)								
Medium Costa cup (340ml)								
Large Costa cup (455ml)								
Fortisip (125ml)								
Fortijuce (200ml)								
Own bottle or other (____ml)								
Daily amount left to drink (to be completed by your nurse)								

Fluid output

Each time you pass urine (wee), please add a tally line (|) in the correct two-hour time slot below.

Time	6 to 8am	8 to 10am	10am to 12pm	12 to 2pm	2 to 4pm	4 to 6pm	6 to 8pm	8pm to 6am - overnight
Have you passed urine?								