

Date: \_\_\_\_\_

Weight: \_\_\_\_\_

**Fluid restriction:** Total fluid your care team would like you to consume in 24 hours: \_\_\_\_\_ mL or \_\_\_\_\_ oz.

### Instructions

To manage your fluids for the best possible outcomes, write down the following for the next 24 hours and share your results with your care team:

- ✓ Fluids you are eating and drinking under **My fluid intake** (use the guide on the back for common fluids, including foods that count as liquids)
- ✓ Your urine output in **My urine output**

#### **My fluid intake**(fluid you are eating or drinking)

Time	Type of fluid	Serving size	
		(oz)	(mL)

#### **My urine output**

Time	Amount (mL)

#### **My fluid intake conversion from ounces (oz) to milliliters (mL):**

Serving size \_\_\_\_\_ Oz x29.57 = \_\_\_\_\_ mL

## FLUID TRACKER

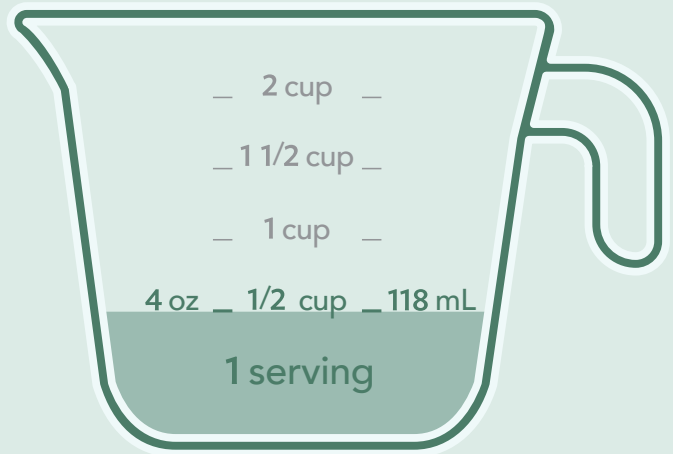
### Common foods that count as fluid

When keeping track of your fluids, don't forget that foods that melt or are liquid at room temperature are also considered fluids. Here is a list of foods that are also considered fluids:

- ✓ Watermelon
- ✓ Popsicles
- ✓ Soup
- ✓ Yogurt
- ✓ Gelatin dessert
- ✓ Ice cream
- ✓ Pudding
- ✓ Nutrition shakes or supplements

### Serving size tip

For fluids,  
1 serving size =  
4 ounces (oz) =  
1/2 cup



Learn more tips and tricks to help you manage your fluids

Watch the *Fluid Management Tips* video and browse more helpful resources at  
[FreseniusKidneyCare.com/Fluids](https://www.freseniuskidneycare.com/Fluids)

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### SHAKE OFF THE SALT

Remember a low-sodium diet is important to avoid increased thirst and fluid gains. Learn more about how sodium can affect your diet and fluid management at

[FreseniusKidneyCare.com/Salt](https://www.freseniuskidneycare.com/Salt)