

Fluid Restriction



 You are restricted to **2000 ml** or **8.33 cups** of liquids in a 24 hour period.


✓ 2 tablespoons = 30 cc

✓ 1/4 cup = 60 cc

✓ 1/2 cup = 120 cc

✓ 1 cup = 240 cc

✓ 1 ice cube = 30 cc

 You must include ALL liquids in the fluid restriction. The fluid restriction includes coffee, tea, milkshakes, soup, soft drinks, Jell-O®, pudding, and nutritional supplements, etc.

Helpful Hints

- Drink only when thirsty.
- Use sour or tart candy or chewing gum to help reduce thirst.
- Rinse your mouth out with cold water, but **DON'T SWALLOW.**
- Use small cups for drinks.
PUT LARGE TUMBLERS AWAY!
- Drink beverages ice cold.





Fluids

- ✓ 30 cc = 1 ounce(oz.) = 1/8 cup
- ✓ 60 cc = 2 oz. = 1/4 cup
- ✓ 120 cc = 4 oz. = 1/2 cup
- ✓ 240 cc = 8 oz. = 1 cup
- ✓ 480 cc = 16 oz. = 2 cups
- ✓ 720 cc = 24 oz. = 3 cups
- ✓ 960 cc = 32 oz. = 1 quart (4 cups)
- ✓ 1200 cc = 40 oz. = 5 cups





Fluid Restriction for Residents

ML/Day	Breakfast	Lunch	Dinner	Nursing	Total for Day
1000 ml/day	120 cc Milk 120 cc Coffee 120 cc Juice	240 cc (1 cup)	240 cc	160 cc with medications	Food Service = 840 cc/Day Nursing = 160 cc/Day
1100 ml/day	120 cc Milk 120 cc Coffee 120 cc Juice	240 cc	240 cc	260 cc with medications	Food Service = 840 cc/Day Nursing = 260 cc/Day
1200 ml/day	240 cc Milk 180 cc Coffee 120 cc Juice	240 cc	240 cc	180 cc with medications	Food Service = 1020 cc/Day Nursing = 180 cc/Day
1300 ml/day	240 cc Milk 240 cc Coffee 120 cc Juice	240 cc	240 cc	280 cc with medications	Food Service = 1020 cc/Day Nursing = 280 cc/Day
1400 ml/day	240 cc Milk 240 cc Coffee 240 cc Juice	240 cc	240 cc	200 cc with medications	Food Service = 1200 cc/Day Nursing = 200 cc/Day
1500 ml/day	240 cc Milk 240 cc Coffee 240 cc Juice	240 cc	240 cc	300 cc with medications	Food Service = 1200 cc/Day Nursing = 300 cc/Day
1600 ml/day	240 cc Milk 240 cc Coffee 240 cc Juice	240 cc	240 cc	400 cc with medications	Food Service = 1200 cc/Day Nursing = 400 cc/Day
1700 ml/day	240 cc Milk 240 cc Coffee 240 cc Juice	360 cc (1 1/2 cups)	240 cc	380 cc with medications	Food Service = 1320 cc/Day Nursing = 380 cc/Day
1800 ml/day	240 cc Milk 240 cc Coffee 240 cc Juice	360 cc	360 cc	360 cc with medications	Food Service = 1440 cc/Day Nursing = 360 cc/Day
1900 ml/day	240 cc Milk 240 cc Coffee 240 cc Juice	360 cc	360 cc	460 cc with medications	Food Service = 1440 cc/Day Nursing = 460 cc/Day
2000 ml/day	240 cc Milk 240 cc Coffee 240 cc Juice	480 cc	480 cc	320 cc with medications	Food Service = 1680 cc/Day Nursing = 360 cc/Day

30 cc = 1 oz. = 1/8 cup

60 cc = 2 oz. = 1/4 cup

120 cc = 8 oz. = 1 cup

480 cc = 2 cups

720 cc = 3 cups

960 cc = 64 oz. = 1 quart