
Patient Information

Nutrition Management of

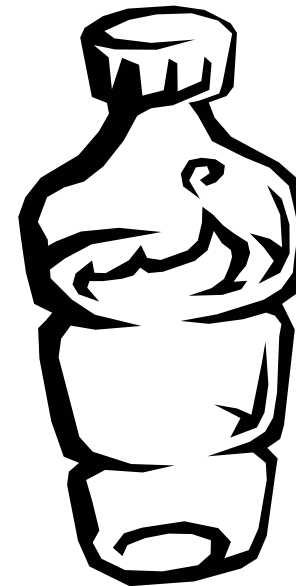
Fluid Intake

Comments,
Feedback?

Contact Patient and Professional Education

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Patient Information

Fluid Intake

Why do I need fluids?

Fluids are an important part of what you consume. Adequate fluids help prevent dehydration, contribute to good bowel function, keep your body organs and systems working properly, and may help reduce certain side effects such as nausea and fatigue.

What should I choose?

Water is a good choice, but there are many other foods and fluids that are better choices as they will provide energy and/or protein to your diet.

How much is enough?

Adults, in general, need at least 8 cups (64 oz. or 2L) of liquid each day. Fluid needs may increase with fever, vomiting or diarrhea. Hot, humid weather can also increase fluid needs. Based on your body weight, you need _____ cups of fluid each day (1 cup = 8 oz. = 250 mL).

Clear Fluids

- Water (includes mineral/ tonic)
- Broth / bouillon
- Ginger ale or other carbonated beverages
- Strained clear soup
- Strained lemonade
- Strained pulp free orange juice
- Apple / grape / cranberry juices
- Jello® / gelatin
- Popsicles® / fruit ice
- Fruit flavoured drinks
- Gatorade®
- Resource Fruit Beverage®
- Decaffeinated coffee / tea / cola
- Herbal tea
- Hot water with lemon or honey

Other Fluids

- Milk
- Milkshakes
- Yogurt (includes frozen)
- Yogurt drinks
- Ice cream / sherbet
- Any juice
- Any soup
- Custard / Pudding
- Oatmeal / Cream of Wheat®

High Protein Beverages: Boost®, Ensure®, Nu-Basics®, Resource® and milk based beverages such as Carnation Breakfast Anytime®

If you have nausea, vomiting or diarrhea during treatment, choose clear fluids until you are feeling better.

Are there any fluids to avoid?

Yes. Alcohol consumption is not recommended during treatment. Products with caffeine are not recommended because they may contribute to loss of fluid. If you choose to drink beverages with caffeine, limit to two cups per day.

Beverages with caffeine include: coffee, tea, green tea, colas and hot chocolate.

Need more information?

You can call Supportive Care at 519-685-8622 to make an appointment with a Registered Dietitian. You do not need a referral.
