

Fluid Balance

What is fluid balance?

Fluid balance is the recording of intake and output of fluid, and the balancing of them both.

Why do we maintain fluid balance?

To help aid a patient's recovery by avoiding dehydration and other unwanted complications.

How will we do it?

Nurses will ask you regularly how much you have had to drink and will ask you to pass urine into a measuring pot so they can record the amount of fluid on your fluid chart. If you are having diarrhoea or vomiting, you may be also asked to provide a sample of this so the fluid loss can be accurately recorded and a specimen sent for testing.



How can you help?

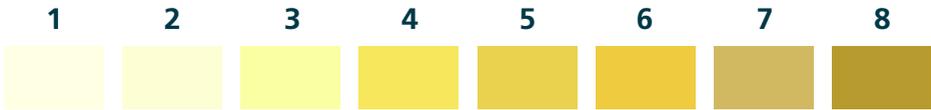
Use the provided measuring pots and inform staff when you have passed urine, or if you have had any diarrhoea or vomiting.

Please ask staff for additional measuring pots, if needed.

If you require any further information, please speak to your nurse.



Urine Colour Chart



There's a saying that 1-3 is healthy wee, but 4-8 you need to hydrate! That's true for many healthy individuals, but it may not be true for everyone.

Some medications (including chemotherapy), certain foods or dyes in food can cause quite startling colours in urine including: brown, orange, pink, red, blue or green. Dark coloured urine may be 'normal' for people with liver or kidney problems and it may be that your doctor has advised you to strictly limit your fluid intake.

BUT... If dark coloured urine is simply because you're not drinking enough liquid or because of something you have eaten:

- Try to drink 2 litres (8-10 cups) per day or as much as you're able to or allowed to
- Don't wait until you're thirsty - being thirsty is a sign that you're already dehydrated
- Try to drink what you enjoy - all non-alcoholic fluids count
- If you're worried about having to get up in the night, try to drink more in the morning and early afternoon rather than later in the day

Remember... restricting your fluid intake should be only undertaken if advised by your doctor, because if you aren't drinking enough you are more susceptible to additional problems such as constipation or urinary tract or bladder infections.

Please speak to your doctor or your nurse if anything about this worries or concerns you.

Issue date: 01/11/18

Issue no: 2.0

Reference: LNUCFBAL

Review date: 01/11/21

