



About Fluids During Your Treatment

Why Do I Need Extra Fluids?

1. To reduce certain side effects such as nausea
2. To help prevent damage to your kidneys

How Much is Enough?

_____, 8oz (1 cup) servings needed every day.

Clear Fluids

- Water
- Broth/ bouillon
- Strained clear soup
- Strained lemonade
- Apple juice
- Fruit flavoured drinks
- Grape juice
- Cranberry juice
- Jell-O or gelatin
- Popsicles/ fruit ice
- Flat carbonated beverages
- Gatorade

Other Fluids

- Milk
- Buttermilk
- Milkshakes
- Yogurt/ yogurt drinks
- Ice cream/ frozen
- Sherbet
- Any juice
- Any soup
- Custard
- Pudding
- Oatmeal/ cream of wheat
- Nutrition supplements
E.g. Ensure, Boost,
Breakfast Essentials

If you have nausea during your treatment, choose from clear fluids first, until you are feeling better.

Are There Any Fluids To Use With Caution?

Yes. Do not drink alcohol. Caffeine products are not recommended because they cause loss of fluid. If you choose to drink beverages with caffeine, do not drink more than 2 cups a day.

Products with caffeine include: coffee, tea, hot chocolate, colas and Mountain Dew

When should I take my fluids?

- Spread your fluid allowance over the whole day.
- Measure the glass you use so you know how much fluid you have taken in.
- Do not stop drinking fluids if you have a urinary control problem- speak with you doctor

Your fluid allowance summary:

Breakfast: _____

Morning Snack: _____

Lunch: _____

Afternoon Snack: _____

Supper: _____

Evening Snack: _____

Comments:

Dietitian: _____

Developed from The Clinical Guide to Oncology Nutrition - 2006