

Increasing Fluids During Your Cancer Treatments




This handout offers information on how to increase the amount of fluids you are drinking. Drink 6 to 8 cups (1 cup = 250ml) of fluid every day during your cancer treatments. Your healthcare team may ask to you drink more or less than this amount.

To increase your fluid intake:

- Drink fluids even if you are not thirsty.
- Carry a water bottle with you, taking sips from it throughout the day.
- Have fluids at your bedside to drink if you are awake at night.
- Drink fluids between your meals.

Do not drink more than 3 to 4 cups of fluids with caffeine in them each day.

Water is not the only source of fluid. Fluids can come from other drinks and foods. Here are some options for you to choose from:

	Water Juice/Nectar Milk Coffee/Tea Sports Drinks	Lemonade Soup/Broth Ovaltine Hot Chocolate Vitamin Water
	Pudding Applesauce Ice Cream Jello	Frozen Yogurt Sherbet Watermelon Cantaloupe
	Smoothies Milkshakes Popsicles Nutrition Supplements	Instant Breakfast Yogurt drinks/kefir

Ask to talk to a dietitian if you have questions about the information in this handout.