

## Increasing Fluids During Your Cancer Treatments

This handout offers information on how to increase fluids to help keep you hydrated during your cancer treatments. Fluids can come from liquids or solids. Try to have 6 to 8 cups (1 cup = 250 ml) of fluids every day during your cancer treatments.

To increase your fluid intake:

- Drink liquids even if you are not thirsty.
- Carry a water bottle with you, taking sips from it throughout the day.
- Have liquids at your bedside to drink if you are awake at night.
- Drink liquids between your meals.
- Eat solids with a high fluid amount such as watermelon or cantaloupe.

Do not drink more than 3 to 4 cups of fluids that contain caffeine each day.

Options of fluids you can choose from:



Water, juice, nectar, lemonade, milk, hot chocolate, ovaltine, sports drinks, vitamin water, soup/broth, and coffee/tea.



Pudding, applesauce, ice cream, frozen yogurt, sherbet, jello, watermelon, and cantaloupe.



Smoothies, milkshakes, yogurt drinks/kefir, nutritional supplements (examples: Ensure™ and Boost™), and popsicles.

Ask to talk to a registered dietitian if you have questions or concerns about any information in this handout.