

FLUID DIARY

Each day you should aim to take 2 litres (2000mls) or 3½ pints of liquids to prevent dehydration and constipation. This could be 10 x 200mls or 8 x 250mls as tolerated. One average glass or mug is approximately 200-250mls. Keep a record of your fluid intake to ensure you are drinking enough.

Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
200ml							
150mls							
200mls							
250mls							
200mls							
200mls							
150mls							
200mls							
200mls							
250mls							
Total = 2000mls							