Khoo Teck Puat Hospital
NHG Health

Yishun Community Hospital
NHG Health

Adding Years of Healthy Life

Department of
Nutrition & Dietetics

Fluid Restriction Guide

Fluid is an important part of life. Fluid gives your body water to control temperature, help your kidneys work, and prevent constipation. People with kidney disease, heart disease, and liver disease may need to limit fluids because their body cannot handle the extra fluid from food and drinks. Your doctor may give you medicine and put you on fluid restriction to avoid too much fluid in your body.

Signs of too much fluid in your body are:

- Swelling in face, body, and arms or legs
- Trouble breathing if fluid builds up in lungs
- Higher blood pressure
- More stress on your heart
- Longer dialysis sessions (if you are already on dialysis)

Your fluid allowance is _____ mls per day

Liquid at room temperature	Bound fluids in forms like	Fluids taken with medication	Foods high in fluid content
Water Beverage Milk Noodle soup Soup Alcohol	Custards Ice cream Ice cubes Jellies / Agar-agar Yoghurt Gravy Porridge	Water	Fresh fruit

Tips To Help You Stay Within Your Fluid Limit

- Avoid foods high in salt (refer to low sodium handout)
- Use small cups or glasses
- Take small sips of fluid
- Carry a water bottle with your allowed amount of fluid when you leave home
- Rinse your mouth with water (but do not swallow)
- Count the fluid you take with medicines as part of your daily fluid allowance
- Keep a fluid diary to help you find problem areas when you go over your fluid allowance

What To Do When The Weather Is Hot Or After Exercise?

- Make ice cubes from your daily fluid allowance and suck on them
- Rinse your mouth often to keep it moist
- Chew gum or suck on lime or lemon wedges to moisten your mouth

Your Fluid Plan based on _____ mls per

Meal	Items	Volume
Breakfast		
Morning Tea		
Lunch		
Afternoon Tea		
Dinner		
Supper		
Water in jug/bottle		

Know your volume (approximate measures)	
	ml
1 teaspoon	5
1 dessert spoon	10
1 Chinese soup spoon	20
1 ice cube	25
1 full sip	15
1 scoop ice cream	50
¾ cup jelly	120
1 traditional coffee cup	170
1 glass mug	210
1 mineral water bottle	500

Please contact KTPH & YCH Dietitian at 6602 2420 if you have any nutrition related questions.

© Khoo Teck Puat Hospital Pte Ltd 2026. All rights reserved. All information correct as of JUN 2026. No part of this document may be reproduced, copied, reverse compiled, adapted, distributed, commercially exploited, displayed or stored in a database, retrieval system or transmitted in any form without prior permission of Khoo Teck Puat Hospital Pte Ltd. All information and material found in this document are for purposes of information only and are not meant to substitute any advice provided by your own physician or other medical professionals.