

How to meet your fluid needs during treatment

For patients receiving chemotherapy

How much fluid should you drink daily?

Drink at least 8-10 cups of fluid daily (1 cup is 250 ml or 8 oz). How much you should drink depends on your age, weight or if you have lost fluid.



If you are worried about how much fluid you are drinking, tell your nurse or doctor. They can consult a registered dietitian to help you meet your fluid needs during treatment.

Why is it important to drink plenty of fluids during treatment?

- Reduce the side effects of treatment such as nausea.
- Prevent damage to your kidneys from treatment.
- Prevent dehydration (water loss). This is especially true if you have vomiting, diarrhea, fever or during hot weather.

Here are some tips for meeting your fluid needs during treatment:

- Drink fluids throughout the day, even when you do not feel thirsty, such as: water, sparkling water, juice, soups or popsicles.
- Carry a drink with you whenever you leave home.
- If you have a poor appetite, drink most of your fluids between meals so you will not be replacing food with fluid.

If you have trouble maintaining your weight during treatment, choose some of the following higher calorie fluids more often:

- Milk
- Soy beverage
- Buttermilk
- Milkshakes, smoothies
- Yogurt/yogurt drinks
- Ice cream/frozen yogurt
- Hot chocolate
- Fruit juices
- Sherbet
- Custard/pudding
- Cream soup
- Nutrition drinks such as Ensure®, Boost® or Breakfast Anytime®

Limit your caffeine intake. Do not drink more than 2 cups of caffeine beverages per day, such as coffee, tea or cola.

Do not count alcoholic beverages as part of your daily fluid intake.
