

Instructions: For the next 24 hours, please measure and write down:

1. How much fluid you are consuming (eating/drinking) (your “input”). You can use the reference guide below for common foods that you might eat or drink while in the hospital.
2. How much fluid you are losing through pee (your “output”).

Your nurse will pick up your completed sheet after 24 hours.

Reference Guide of Common Types of Fluids

Type of Fluid	Amount of Fluid (mL)	Type of Fluid	Amount of Fluid (mL)
Fluid in Styrofoam cup (such as water or ice) 	Small: 8 oz = 250 mL Large: 16 oz = 500 mL	Soup 	150 mL
Coffee/Tea mug 	180 mL	Jell-O® 	115 mL
Milk 	125 mL	Pudding 	90 mL
Supplements (such as Glucerna®, Ensure®) 	235 mL	Yogurt 	150 mL
Juice 	115 mL	Ice Cream 	115 mL