

Intake and Output

Fluid Balance



What you need to know

- 1) one ounce equals 30 ml or cc
- 2) 2/3 of the body weight is water
- 3) must be a balance of what goes in and what is lost.
- 4) edema is excess fluid retention.
- 5) dehydration is inadequate fluid intake

Intake

- 1) includes all liquids taken by mouth.
- 2) Don't forget to include food that becomes liquid at room temperature.
- 3) Artificially such as by intravenous, or gavage .

Output

- 1) Urine
- 2) Perspiration
- 3) Exhalation
- 4) Diarrhea
- 5) Vomiting
- 6) Drainage from all tubes.

Why Record Intake and Output

- 1) dehydration
- 2) on intravenous therapy
- 3) recent surgery
- 4) urinary catheter
- 5) perspiring profusely or vomiting
- 6) have specific diagnoses such as
 - CHF, kidney disease, etc.

Fluid Intake

- 1) May need to be encouraged in some
- 2) May need to be restricted.
- 3) Not all fluids taken by the pt can be measured.
- 4) An estimate is made and recorded.
- 5) Learn the fluid content of the containers used at your facility.

Example

- Coffee cup= 8 oz. Drank 1/2
- Water carafe=16oz. 4oz. left
- Soup bowl=6oz. gone
- Jello=4oz. Didn't touch it
- Pudding=5oz. gone
- Milk glass=8 oz. 3/4 gone

Fluid Output

- 1) Measure all fluids excreted from body on your shift.
- 2) List them separately- may be required to add them together to obtain total output.
- 3) Pour excreta into graduate, set on level surface and measure at eye level recording the lower line of the meniscus.
