



Increasing Fluid Intake

What are fluids?

Fluids are all foods and drinks that are liquid at room temperature.

Why do I need to increase my fluids each day?

It can decrease your risk of developing kidney stones.

How can I increase my fluid intake?

Use beverages and frozen items such as water, carbonated beverages, fruit juices, lemonade, fruit drinks, fruit ice, and popsicles.

How much fluid should I have?

Your physician wants you to have at least so many cups, or CCs, of fluid each day.

1 cup = 8 ounces = 240 cc

1 liter = 32 ounces = 1000 cc

2 liters = 67 ounces = 2000 cc

3 liters = 100 ounces = 3000 cc

4 liters = 134 ounces = 4000 cc