

Instructions on Fluid Shifting And Fluid Restrictions

1. Drink 6-8 ozs of fluid (not the 4C's!) every 1- 1 ½ hrs from the time you awake up until 3:30 pm. The 4 C's refers to cola, chocolate, citrus and carbonated drinks.
2. No caffeine after 3:30 pm (includes: Coke/cola, Mountain Dew, Root Beer, Chocolate, Surge, Red Bull, iced tea, iced coffee, etc)
3. Avoid food/drinks with red dyes which may also be Bladder irritants (Hi C, Popsicles, Kool- aid, etc)
4. From 3:30 to 6:00 pm, limit fluid intake to 4-6 oz.
5. Drink a maximum of 4-6 oz of fluid with dinner.
6. Drink nothing after 6:00 pm except a sip with any medication.
7. Remember that you do not have to drink after 3:30 pm if you are not thirsty.
8. Popsicles, ice cream, watermelon, milk on cereal and other foods with high liquid content "count" as fluids for the 3:30 pm until bedtime period.
9. Keep a diary to check on how you are doing and bring it



with you to your

provider's appointment.