

## Free Water Restriction

*While you are in the hospital*

*This handout explains what to expect if you are on free water restriction while you are in the hospital.*

Your doctor has recommended that you be on “free water restriction” while you are in the hospital. This diet limits the amount of *hypotonic* fluids you drink. Hypotonic fluids are low in sodium, low in protein content, or both.

### Beverages You May Drink

This table lists beverages you may drink without restriction and the amount of fluid and sodium in 1 serving:

	Fluid in 1 Serving		Sodium (mg) in 1 Serving
	cc or mL	Fl. oz.	
Chocolate milk	240	8	150
Creamer or half and half	120	4	48
Ensure Plus	240	8	220
Glucerna	240	8	210
Hot chocolate with milk (regular or diet)	200	7	165 to 187
Ice cream	90	3	74
Instant breakfast with milk (regular or diet)	240	8	240 to 280
Milk (skim, 2%, whole), milkshakes	240	8	120 to 128
Nepro	240	8	250
Regular broth (not low sodium)	180	6	1,252
Soups	180	6	Varies
Soy milk	240	8	120
Tomato juice or V8	180	6	312
Yogurt, nonfat	180	6	100



*Ask your doctor or nurse if you have any questions about being on free water restriction.*

When your doctor orders a free water restriction, the hospital kitchen will not send you any beverages from the restricted fluids listed in the table below. But, you may ask for these restricted beverages from your nurse or other unit staff. Your nurse will make sure that your daily intake of restricted fluids does not exceed the amount ordered by your doctor.

### Restricted Beverages

The beverages listed in the table below are low in sodium (less than 14 mg sodium in 1 ounce), low in protein, or both.

	<b>Fluid (cc or mL) in 1 Serving</b>	<b>Fluid oz. in 1 Serving</b>	<b>Sodium (mg) in 1 Serving</b>
Coffee	200	7	0
Broth, low-sodium	180	6	18
Ensure Clear	200	7	35
Gatorade	240	8	110
Jell-O, regular or diet	120	4	98
Juice and juice drinks, regular or diet (except tomato)	120	4	Varies
Juice, thickened	240	8	25
Lemonade	120	4	14
Popsicle	90 to 120	3 to 4	14
Sherbet or sorbet	90	3	Varies
Soda	360	12	Varies
Tea, hot or cold	200 to 360	7 to 12	0
Water or ice	Varies	Varies	0

### Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

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