

These calculations based on 30ml fluid per 1kg of body weight from: **Ritz P** (2001) Factors affecting energy and macronutrient requirements in elderly people. *Public Health Nutrition* 4 (2B): 561-68

Always consider underlying medical conditions and discuss with senior medical / nursing staff before advising ANY increase in fluid intake

Patient's Weight		A guide to the minimum daily fluid intake			
Stones	kg	ml	Fluid oz	Pints 1 pint = 568ml	210ml (7 fluid oz) glasses or cups
6	38.1	1143	38.1	2	5.4
7	44.5	1335	44.5	2.35	6.4
8	50.8	1524	51	2.7	7.3
9	57.2	1716	57	3	8.2
10	63.5	1905	63.5	3.35	9.1
11	69.9	2097	70	3.7	10
12	76.2	2286	76	4	11
13	82.6	2478	82.5	4.35	11.8
14	88.9	2667	89	4.7	12.7
15	95.3	2859	95	5	13.6
16	101.6	3048	101.5	5.35	14.5
17	108	3240	108	5.7	15.4
18	114.3	3429	114	6	16.3
19	120.7	3621	121	6.4	17.2
20	127	3810	127	6.7	18