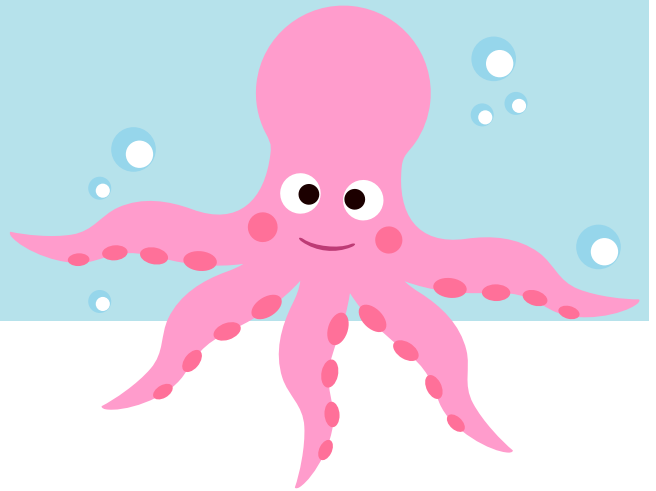


# Instructions on Fluid Shifting and Fluid Restrictions



1. Drink 6-8 ounces of fluid (not the 4 Cs!) every 1-1.5 hours from the time you wake up until 3:30 p.m. The 4 Cs refer to Cola, Chocolate, Citrus and Carbonated drinks.
2. No caffeine (includes coke, Mountain Dew®, chocolate, Surge®, Red Bull®, iced tea, coffee, etc.).
3. Avoid food/drinks with red and purple dyes, which are known bladder irritants (Hi-C®, Kool-Aid®, etc.).
4. From 3:30-6:00 p.m., limit fluid intake to 4-6 ounces.
5. Drink a maximum of 4-6 ounces of fluid with dinner.
6. Drink nothing after 6:00 p.m. except a sip with any medications.
7. Remember that you do not have to drink at all after 3:30 p.m. 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 p.m. until bedtime.
9. Keep a diary to check on how you are doing and bring it with you to your next appointment.

