My hydration instructions

Care team notes | page 1 of 2

Fill these fields with the care team, especially with fluid restrictions or swallowing difficulty. No universal target is set.

Care team contact and date instructions were checked

Fluid amount or limit, if prescribed; units

What counts toward that plan?

Swallowing instructions: cup, straw, thickness if advised

Two preferred drinks that fit the plan

Symptoms or questions to discuss

New confusion, fainting or no urination needs urgent medical help.

Daily drink notes

Offers and amounts actually taken | page 2 of 2

Date: _____ Follow the care plan. Record cup size or units. Offer choices without forcing drinks.

Time / drink offered / amount taken: entry 1

Time / drink offered / amount taken: entry 2

Time / drink offered / amount taken: entry 3

Time / drink offered / amount taken: entry 4

Time / drink offered / amount taken: entry 5

Changes noticed and questions for the care team

Do not force drinks during choking or unsafe swallowing. Emergency: 911 in U.S.