

Fluid Matrix Chart

Residents should aim to drink about eight mugs of fluid each day. If they do not drink enough they will produce concentrated urine. This is a guide for the recommended amount of fluid they should drink per day based on their weight.

Weight stones	Weight Kg	mls	Fluid ozs	Pints	Mugs
6	38	1,190	42	2.1	4
7	45	1,275	49	2.5	5
8	51	1,446	56	2.75	5-6
9	57	1,786	63	3.1	6
10	64	1,981	70	3.5	7
11	70	2,179	77	3.75	7-8
12	76	2,377	84	4.2	8
13	83	2,575	91	4.5	9
14	89	2,773	98	4.9	10
15	95	2,971	105	5.25	10-11
16	102	3,136	112	5.5	11

This matrix is to be used as a guideline and broadly it is suggested that patients fall within a margin of error of +/- 10%. The guideline applies to body frame

Guide when resident over 16Stones

Under 60 years

35mls x weight in kg = number of mls for 24 hour period

Over 60 years

30mls x weight in kg = number of mls for 24 hour period

Abrams & Klevmar "Frequency Volume Charts – an indispensable part of lower urinary tract assessment" 1996 Scandinavian Journal of Neurology 179; 47 – 53