

# Determining Fluid Needs of Adults

Clinicians must use their clinical judgment when assessing fluid needs. While many medical conditions may warrant additional fluids, just as many can lead to volume overload, thereby reducing the need for fluids. It is always best to evaluate the patient's total medical condition, including recent laboratory data, before determining fluid needs. A registered dietitian can assist in assessing fluid needs.

**Normal fluid needs** are 25–30 mL of fluid/kg of actual body weight (ABW).



**Decreased fluids** (20–25 mL of fluid/kg of ABW) are possibly needed when a patient has one or more of the following medical conditions:

- CHF/COPD, with shortness of breath and pulmonary edema
- Edema
- Fluid overload
- Hepatic failure with ascites
- Renal failure
- Third spacing of fluid
- Significant hypertension



**Increased fluids** (30–35 mL of fluid/kg of ABW) are possibly needed when a patient has one or more of the following medical conditions:

- Anabolism
- Constipation
- Dehydration
- Diarrhea
- Emesis
- Fever\*
- Fistulas/draining wounds
- Hemorrhage
- Hyperventilation
- Hot or dry environment
- Medication, such as diuretic use
- Hypotension
- Polyuria
- Use of an air-fluidized mattress

\* Fluid needs increase 7% for each degree Fahrenheit above normal.

## Reference

CD-HCF Dietetic Practice Group, Niedert K, Dorner B. *Nutrition Care of the Older Adult*. 2nd ed. Chicago, IL: American Dietetic Association; 2005.

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# Estimated Fluid Needs of Adults

To convert pounds to kilograms, divide pounds by a factor of 2.2.

Weight (lb)	Daily Fluid Range for Decreased Needs (20–25 mL)	Daily Fluid Range for Normal Needs (25–30 mL)	Daily Fluid Range for Increased Needs (30–35 mL)
90	818–1023	1023–1227	1227–1432
92.5	841–1051	1051–1261	1261–1472
95	864–1080	1080–1295	1295–1511
97.5	886–1108	1108–1330	1330–1551
100	909–1136	1136–1364	1364–1591
102.5	932–1165	1165–1398	1398–1631
105	955–1193	1193–1432	1432–1670
107.5	977–1222	1222–1466	1466–1710
110	1000–1250	1250–1500	1500–1750
112.5	1023–1278	1278–1534	1534–1790
115	1045–1307	1307–1568	1568–1830
117.5	1068–1335	1335–1602	1602–1869
120	1091–1364	1364–1636	1636–1909
122.5	1114–1392	1392–1670	1670–1949
125	1136–1420	1420–1705	1705–1989
127.5	1159–1449	1449–1739	1739–2028
130	1182–1477	1477–1773	1773–2068
132.5	1205–1506	1506–1807	1807–2108
135	1227–1534	1534–1841	1841–2148
137.5	1250–1563	1563–1875	1875–2188
140	1273–1591	1591–1909	1909–2227
142.5	1295–1619	1619–1943	1943–2267
145	1318–1648	1648–1977	1977–2307
147.5	1341–1676	1676–2011	2011–2347
150	1364–1705	1705–2045	2045–2386
152.5	1386–1733	1733–2080	2080–2426
155	1409–1761	1761–2114	2114–2466
157.5	1432–1790	1790–2148	2148–2506
160	1455–1818	1818–2182	2182–2545
162.5	1477–1847	1847–2216	2216–2585
165	1500–1875	1875–2250	2250–2625
167.5	1523–1903	1903–2284	2284–2665
170	1545–1932	1932–2318	2318–2705
172.5	1568–1960	1960–2352	2352–2744
175	1591–1989	1989–2386	2386–2784
177.5	1614–2017	2017–2420	2420–2824
180	1636–2045	2045–2455	2455–2864
182.5	1659–2074	2074–2489	2489–2903
185	1682–2102	2102–2523	2523–2943
187.5	1705–2131	2131–2557	2557–2983
190	1727–2159	2159–2591	2591–3023
192.5	1750–2188	2188–2625	2625–3063
195	1773–2216	2216–2659	2659–3102

Weight (lb)	Daily Fluid Range for Decreased Needs (20–25 mL)	Daily Fluid Range for Normal Needs (25–30 mL)	Daily Fluid Range for Increased Needs (30–35 mL)
197.5	1795–2244	2244–2693	2693–3142
200	1818–2273	2273–2727	2727–3182
202.5	1841–2301	2301–2761	2761–3222
205	1864–2330	2330–2795	2795–3261
207.5	1886–2358	2358–2830	2830–3301
210	1909–2386	2386–2864	2864–3341
212.5	1932–2415	2415–2898	2898–3381
215	1955–2443	2443–2932	2932–3420
217.5	1977–2472	2472–2966	2966–3460
220	2000–2500	2500–3000	3000–3500
222.5	2023–2528	2528–3034	3034–3540
225	2045–2557	2557–3068	3068–3580
227.5	2068–2585	2585–3102	3102–3619
230	2091–2614	2614–3136	3136–3659
232.5	2114–2642	2642–3170	3170–3699
235	2136–2670	2670–3205	3205–3739
237.5	2159–2699	2699–3239	3239–3778
240	2182–2727	2727–3273	3273–3818
242.5	2205–2756	2756–3307	3307–3858
245	2227–2784	2784–3341	3341–3898
247.5	2250–2813	2813–3375	3375–3938
250	2273–2841	2841–3409	3409–3977
252.5	2295–2869	2869–3443	3443–4017
255	2318–2898	2898–3477	3477–4057
257.5	2341–2926	2926–3511	3511–4097
260	2364–2955	2955–3545	3545–4136
262.5	2386–2983	2983–3580	3580–4176
265	2409–3011	3011–3614	3614–4216
267.5	2432–3040	3040–3648	3648–4256
270	2455–3068	3068–3682	3682–4295
272.5	2477–3097	3097–3716	3716–4335
275	2500–3125	3125–3750	3750–4375
277.5	2523–3153	3153–3784	3784–4415
280	2545–3182	3182–3818	3818–4455
282.5	2568–3210	3210–3852	3852–4494
285	2591–3239	3239–3886	3886–4534
287.5	2614–3267	3267–3920	3920–4574
290	2636–3295	3295–3955	3955–4614
292.5	2659–3324	3324–3989	3989–4653
295	2682–3352	3352–4023	4023–4693
297.5	2705–3381	3381–4057	4057–4733
300	2727–3409	3409–4091	4091–4773
302.5	2750–3438	3438–4125	4125–4813