



PHYSICIANS RECOMMEND INCREASING FLUID INTAKE TO PREVENT KIDNEY STONES

WHY IS IT IMPORTANT TO DRINK MORE FLUIDS?

✓ Drinking more fluids dilutes your urine which has been shown to decrease chances of getting another kidney stone.



INTAKE GOAL

- Each day, drink **100 fluid ounces (FL OZ)** or 3 liters.
- If sweating regularly (exercising, working outside in the heat, spending time in warmer climates) or experiencing diarrhea, daily fluid intake should be increased to more than **110 FL OZ**.

OUTPUT GOAL

- Produce 2.5 to 3 liters of urine daily (24-hour urine test).
- Pay attention to the color of your urine throughout the day. Urine should be mostly clear. When urine becomes yellow, then you are dehydrated and need to increase fluid intake.

What types of fluids count towards my goal?

- All fluids count toward your goal!
- Water should be the majority of your fluid intake.
- Choose low-calorie and sugar-free drinks.
- Fluids with citrate 🍊 can further reduce your chance of getting another stone. (See “Best Fluid Choices” below.)
- Limit sports drinks (high in sodium) and juice (high in sugar).
- Limit caffeine and alcohol intake to avoid dehydration.



BEST FLUID CHOICES

- Water infused with fresh fruit or herbs
- Carbonated water (Perrier™, Bubly™, Spindrift™, La Croix™)
- Flavored water (Hint™, Propel™, Nestle Splash™)
- Coconut water (high in potassium)
- Diet iced tea or lemonade 🍊
- Diluted lemon juice 🍊 (1 oz lemon/lime juice to 16 fl oz water 4x/day)
- Milk or milk substitute (soy, almond) (limit 3-4 servings/day)
- Add lemon juice 🍊 or milk to diet iced or hot tea
- If you drink soda, drink diet citrus sodas 🍊 and only drink occasionally (Diet 7 Up™ or Sunkist Orange™)



Indicates drinks containing citrate

QUICK SIP TIPS



- S** Spread fluid intake throughout the day
- I** Include low-calorie or sugar-free drinks
- P** Plan your strategy to reach the goal

- Track your fluid intake to monitor your success & situations that require changes to your plan
- Start drinking fluid in the morning; do not wait until you feel thirsty
- Come up with a plan that fits your schedule (when, where & how much water will you drink each day?)
- Carry a water bottle and keep it in sight during the day
- Divide your day into 3 parts and plan to drink 1 quart or large water bottle in each part of the day

COMMON BEVERAGE ESTIMATION *in fluid* OZ



Juice Glass
4 FL OZ



Coffee Mug
8-10 FL OZ



Canned Beverage
12 FL OZ



Large Travel Cup
20 FL OZ



Soda Bottle
20 FL OZ



Solo Cup
18 FL OZ



Bottled Water
16.9 FL OZ
(may vary)



Medium Travel Cup
16 FL OZ



Beer Glass
16 FL OZ



Wine Glass
12 FL OZ



Small Travel Cup
12 FL OZ



Medium Tumbler
20 FL OZ



Sport Drink
20 FL OZ



Large Tumbler
30 FL OZ



1 Liter Bottle
34 FL OZ



2 Liter Bottle
67 FL OZ



1 Gallon
128 FL OZ

100 FL OZ SIMPLIFIED FOR YOU

You can reach your goal of 100 FL OZ by using your favorite water bottle.

My favorite water bottle is FL OZ, so I need to drink bottles daily to hit my 100 FL OZ goal.

Use the tables below to help you identify how many bottles you need to drink to hit your goal!

Common Measurements	FL OZ	Drink
Cup	8 FL OZ	12+
Pint	16 FL OZ	6+
Standard Plastic Water Bottle	16.9 FL OZ	6
Stainless Steel Water Bottle	20 FL OZ	5

Common Measurements	FL OZ	Drink
Quart or Large Water Bottle	32 FL OZ	3+
Liter	34 FL OZ	3
2 Liter	67 FL OZ	1.5
Gallon	128 FL OZ	3/4

*Know Your Goal!
Fill This Out!*

Questions about fluid intake for preventing kidney stones?

Please contact:

