

# INTAKE & OUTPUT PRO TIPS

Intake	Output
<p><b>Common Volumes</b></p> <ul style="list-style-type: none"><li>• Coffee - 180 mL</li><li>• Juice - 120 mL</li><li>• Milk carton - 240 mL</li><li>• Ice Cream (½ cup) - 120 mL</li><li>• Gelatin - 90 mL</li></ul> <p><b>Ice Chips</b></p> <ul style="list-style-type: none"><li>• Measure half the volume of ice<ul style="list-style-type: none"><li>◦ Ex: 8 ounce of ice = 4 ounces measured</li></ul></li></ul> <p><b>Intake Sources</b></p> <ul style="list-style-type: none"><li>• Liquids by mouth</li><li>• Ice chips</li><li>• Tube Feedings</li><li>• IV fluids (Blood transfusions, TPN, etc.)</li></ul>	<p><b>Common Output Sources</b></p> <ul style="list-style-type: none"><li>• Urine</li><li>• Diarrhea</li><li>• Emesis</li><li>• Gastric contents</li><li>• Drainage from wounds</li><li>• Output from drains</li></ul> <p><b>1 gram of weight = 1 mL of fluid</b> <b>1 kg of weight = 1 liter of fluid</b></p> <p><b>For wound drainage:</b></p> <ul style="list-style-type: none"><li>• Place disposable pad under wound</li><li>• Weigh pad when saturated (remove weight of original pad)</li><li>• Use 1 g = 1 mL conversion to determine volume</li></ul>