## **INTAKE & OUTPUT PRO TIPS**

# Intake

#### **Common Volumes**

- Coffee 180 mL
- Juice 120 mL
- Milk carton 240 mL
- Ice Cream (1/2 cup) 120 mL
- Gelatin 90 mL

#### **Ice Chips**

- Measure half the volume of ice
  - Ex: 8 ounce of ice = 4 ounces measured

#### Intake Sources

- Liquids by mouth
- Ice chips
- Tube Feedings
- IV fluids (Blood transfusions, TPN, etc.)

### Output

#### **Common Output Sources**

- Urine
- Diarrhea
- Emesis
- Gastric contents
- Drainage from wounds
- Output from drains

#### 1 gram of weight = 1 mL of fluid 1 kg of weight = 1 liter of fluid

#### For wound drainage:

- Place disposable pad under woundWeigh pad when saturated (remove
- weight of original pad)
- Use 1 g = 1 mL conversion to determine volume



NURSING.com - "Tools and Confidence to Succeed in Nursing School." ©2024 TazKai LLC | NURSING.com - Reproduction Strictly Prohibited Disclaimer information at NURSING.com