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



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