

Fluid Needs During Cancer Treatment

Patient and Family Information Sheet

It is important to drink 6 to 8 cups of fluid every day during your cancer treatments. Your cancer care team may ask you to drink more or less than this amount.

Here are some ways that you can raise the amount of fluid that you drink:

- Drink fluids even if you are not thirsty.
- Carry a water bottle with you, and take sips from it during the day
- Have fluids at your bedside to drink if you are awake at night
- Drink fluids between your meals



Water is not the only source of fluid. Fluids can come from other drinks and foods. Here are some choices:

Water	Pudding	Smoothies
Juice/Nectar	Applesauce	Milkshakes
Milk	Ice Cream	Popsicles
Coffee/Tea	Jello®	Nutrition Supplements
Sports Drinks	Frozen Yogurt	Instant Breakfast
Soup/Broth	Sherbet	Yogurt drinks/kefir
Ovaltine	Watermelon	
Hot Chocolate	Cantaloupe	

Call 613-549-6666 extension 7305 if you have questions about this information or would like to speak to a dietitian.

Handout adapted with permission from the Durham Regional Cancer Centre/Lakeridge Health.

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