

# Daily Water Needs for Adults Worksheet

Client Name: \_\_\_\_\_ #: \_\_\_\_\_ Initiated by: \_\_\_\_\_ Date: \_\_\_\_\_

## 1. Determine the client's total minimum daily water need.

$$\begin{array}{r}
 \text{_____ Cal/day} \\
 \times \text{ 1 mL Water/Cal} \\
 \hline
 = \text{_____ mL (or at least 2000 mL unless the client has fluid restrictions)}
 \end{array}$$

## 2. Determine water provided by enteral tube feeding.

$$\begin{array}{r}
 \text{Product name _____} \\
 \text{_____ mL/L Water in product} \\
 \times \text{ _____ L* Feeding order} \\
 \hline
 = \text{_____ mL Water received from feeding}
 \end{array}$$

(\* 1000 mL = 1 L)

## 3. Determine client's water need in addition to enteral tube feeding.

$$\begin{array}{r}
 \text{_____ Total minimum daily water need (from item 1)} \\
 - \text{ _____ Water provided from feeding (from item 2)} \\
 \hline
 = \text{_____ mL Additional water needed}
 \end{array}$$