It is very important to drink plenty of fluids when you are receiving cancer treatment. It may be necessary to drink even when you are not thirsty. Drink at least 8 to 10 cups (2 – 2 ½ litres) of fluid daily.

- Drink fluids throughout the day, such as:
  - Water, sparkling water, juice, soups, popsicles, caffeine-free soft drinks
- Carry a water bottle with you.
- Limit caffeine or alcohol containing beverages.
- Drink most of your fluids between meals so you will not be replacing food with fluid.
- If you are having difficulty maintaining your weight and getting in enough fluids, try some of the following high calorie fluid ideas:
  - Carnation Breakfast Anytime®
  - Meal replacement drinks (Boost Plus®, Ensure Plus®, Meal Cal Plus®)
  - 2%, whole or chocolate milk
  - Soy milk or almond milk
  - Milkshakes or fruit smoothies
  - Yep® (yogurt drink)
  - Eggnog (store bought)
  - Hot chocolate or café au lait
  - Ovaltine® or Postum® made with milk
  - Strained or blended soups
  - Juices or nectars such as carrot, grape, apple, pear, guava, peach, apricot, cherry or lychee (diluted if necessary)
  - Iced tea or fruit flavoured drinks such as Kool Aid®
  - Carbonated drinks (flat)
  - Popsicles, sherbet, ice cream, frozen yogurt bars

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