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Meeting your Fluid Needs with Sickle Cell Disease

Drinking enough fluids is an important part of helping to keep pain away. Based on your age, weight and individual condition, your fluid needs will vary. The list below is a good place to start, but you check with your doctor to make sure you are getting enough to drink.

Fluid Goals:

Age	Weight	Ounces	Cups/bottles
6-12 months	17-23 pounds	50 ounces	6
1-2 years	23-28 pounds	54 ounces	7
3-4 years	30-40 pounds	62 ounces	8
5-6 years	40-50 pounds	75 ounces	9
7-10 years	50-75 pounds	82 ounces	10
11-13 years	75-100 pounds	95 ounces	12
14 years and over	Over 100 pounds	105 ounces	Over 13

Tips for meeting your fluid needs:

- Carry a water bottle with you at all times
- Start your day by drinking a glass of water and remember to drink every 2 hours, at least, to meet your daily needs
- Drink liquids after you eat and between meals to prevent filling your stomach with fluids, which may make it difficult to eat
- Add extra fluid when you have pain and with exercise

What fluids should I drink?

There are many different choices when it comes to fluids. In general, it is best to choose fluids that are non-caffeinated, see list below for suggestions. It is also important to avoid sugary drinks that do not offer our bodies the nutrition that it needs to stay healthy.

Choose more:	Limit:
Water, spring or tap	Caffeinated sodas
Flavored waters, sparkling waters	Coffee
Milk	Tea
100% fruit juice*	Kool aid, fruit drinks

* Be careful not to drink too much 100% fruit juice as it may fill you up, making it difficult to eat a balanced diet

