

Fluid Balance Charts

Nursing

Adding up intake and output, and reading the running balance.

Balance = total intake – total output. Read it with weight and observations, never alone.

Intake – Output = Balance (mL per 24 h)

In 2400, out 1900

+500 mL

Positive balance

In 900, out 1750

–850 mL

Negative balance

1 kg weight change

about 1 L fluid

Useful cross-check

THE COMMON MISTAKE

✗ **Counting only what is drunk and voided.**

✓ **Counting all routes in and all routes out.**

Intravenous fluids, flushes, drains, vomit, stoma output and heavy sweating all belong on the chart, and omitting them makes the total meaningless.

Educational reference. Interpretation depends on the clinical picture and on local fluid protocols; charts support judgement, not replace it.