

**University of Cincinnati
Animal Care and Use Program**

Food or Fluid Regulation Requirements for Rodents

Regulations state that food and fluid regulation studies should use the least restriction necessary to achieve goals while maintaining animal well-being (*Guide* 30-31). In addition, AAALAC International requires UC to summarize the types of protocols that require food and/or fluid regulation or restriction, including:

1. Justification
2. Species involved
3. Length and type of food/fluid regulation
4. Animal health monitoring procedures and frequency (e.g., body weight, blood urea nitrogen, urine/fecal output, food/fluid consumption)
5. Methods of ensuring adequate nutrition and hydration during the regulated period

Definition of Regulation

The volume of food or fluid is restricted (i.e., pair or limited feeding) including complete withholding or scheduled (i.e., meal-feeding) which offers access to food or fluid at a regular interval of time. Regulation must be scientifically justified in the approved IACUC protocol including the endpoints. Justification is not required for pre-surgical fasting.

1. **Short duration of regulation-** Less than 16 hours food, or less than 8 hours water. The IACUC does not consider a period of continuous regulation less than 16 hours and occurring less than once every 7 days to have an ongoing clinical impact.
2. **Prolonged regulation-** Greater than or equal to 16 hours food, greater than or equal to 8 hours water. When the period of continuous regulation is greater than 16 hours or occurs more than once every 7 days.

Documentation of Regulation

Protocol documentation:

1. **Food restriction**
 - ≥ 16 hours of continuous restriction requires a food and fluid restriction smartform
 - >2 hours to < 16 hours of continuous restriction is to be described in the associated procedure or experiment (food and fluid restriction smartform not required)
2. **Fluid restriction**
 - ≥ 8 hours of continuous restriction requires a food and fluid restriction smartform
 - >2 hours to < 8 hours of continuous restriction is to be described in the associated procedure or experiment (food and fluid restriction smartform not required)

Cage cards must include:

1. The type of regulation being performed
2. The period which they will be regulated
3. When regulations are complete, identifiers must be removed

Written records for prolonged regulation:

In addition, written records must be maintained for each individual animal and include:

1. Body weights at least once every 7 days or more often for animals requiring greater restrictions
2. Documentation of daily food and/or fluid consumption
3. Hydration status
4. Any behavioral and clinical changes used as criteria for temporary or permanent removal of an animal from restriction

Recordkeeping and Retention

1. Records must be available upon request.
2. LAMS guidelines and practices for food and/or fluid restriction apply.
3. Unless other arrangements have been made, the Principal Investigator is responsible for ensuring these items are completed and documented as outlined above.
4. Records must be removed when regulation is not occurring.
5. Record must be retained according to UC policy and federal guidelines.