

South Warwickshire



NHS Foundation Trust

Warwickshire Dietetic Service

Hydration Matters

Help yourself to stay hydrated



Some of the advice in this leaflet may not apply to people on a fluid restriction, taking thickened fluids or receiving fluid through a feeding tube. If this applies to you, seek further advice from your health care professional.

Fluid is essential to health, but is often overlooked. Your body is made up of approximately 60% water. Signs that you are not drinking enough include dark urine, passing urine less frequently, headaches, tiredness and lack of concentration.

Good hydration can assist in preventing or treating:

- ◆ urinary infections and incontinence
- ◆ constipation
- ◆ falls
- ◆ problems with your kidneys
- ◆ pressure ulcers
- ◆ poor oral health
- ◆ blood pressure problems
- ◆ diabetes (management of)
- ◆ confusion.



Everyone is different, but as a guide you should drink about 1 1/2—2 litres (6—8 glasses) of fluid a day.

What Counts?

Fluid does not mean just water. There are many other foods and drinks that provide fluid including squash, tea, coffee, pop, milk, soup, jelly and fruit juice.

Use the pictures below to count how much fluid you had in one day. Cross off each drink as you finish it. Each picture indicates a drink of 200ml or 1/3 pint. If you don't finish the drink, indicate how much you have managed ($\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$).



ARE YOU DEHYDRATED? Check Your Urine

1, 2, 3 Well hydrated	1
	2
	3
4, 5 Hydrated but not well	4
	5
6, 7, 8 Dehydrated - You need to drink more	6
	7
	8

Check your urine colour each time you go to the toilet. If urine is a dark colour or has a strong smell you need to drink more.

**Healthy pee is 1 to 3
4 to 8 you must hydrate!**

Consider the amount of urine you are passing.

Was it a little or a lot?

If you are only passing small amounts, increase the amount you are drinking.

Tips on how to increase your fluid intake

- ◆ Buy a drinks bottle and carry it around with you.
- ◆ Have a drink when you get up, with every meal and when you go to bed.
- ◆ Have drinks between meals.
- ◆ Prepare drinks in advance - fill a jug or flask at the start of the day and aim to finish the contents by the end of the day.
- ◆ Set an alarm on your phone at specific times to remind you to drink.
- ◆ Increase your intake of fruit, salad and vegetables.

Remember to drink more:

- ◆ when the weather is hot during the summer or when visiting hot countries
- ◆ during and after exercise
- ◆ when in air conditioned rooms or flying.

Equality Statement

At South Warwickshire NHS Foundation Trust we are fully committed to equality and diversity, both as an employer and as a service provider. We have a policy statement in our Equality Strategy that clearly outlines our commitment to equality for service users, patients and staff:

You and your family have the right to be treated fairly and be routinely involved in decisions about your treatment and care. You can expect to be treated with dignity and respect. You will not be discriminated against on any grounds including age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation.

You have a responsibility to treat other service users, patients and our staff with dignity and respect

Our information for patients can also be made available in other languages, Braille, audio tape, disc or in large print.

PALS

We offer a Patient Advice Liaison Service (PALS). This is a confidential service for families to help with any questions or concerns about local health services.

You can contact the service by the direct telephone line on 01926 600 054 by email:

Pals@swft.nhs.uk or by calling in person to the PALS Office which is located in the Lakin Road Entrance to the hospital.

If you have any queries about your diet, please contact us on 01926 600818, selecting option 3

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