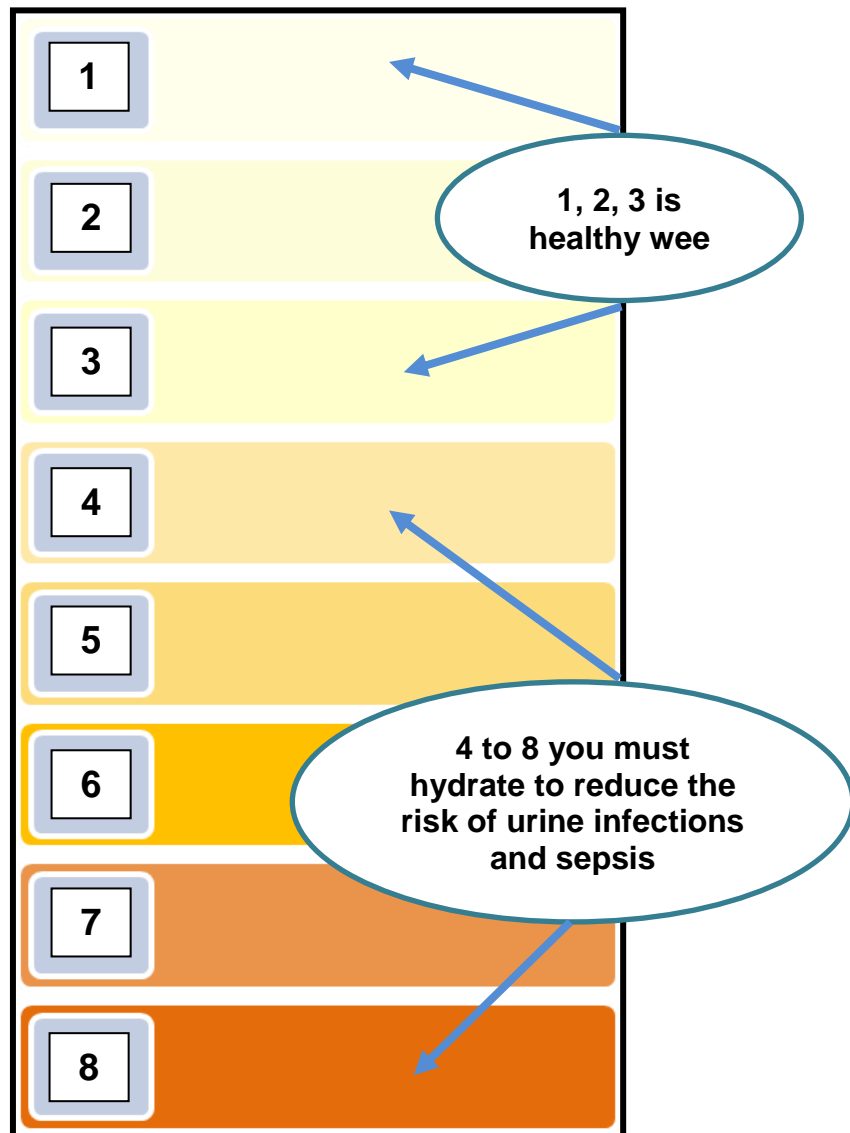
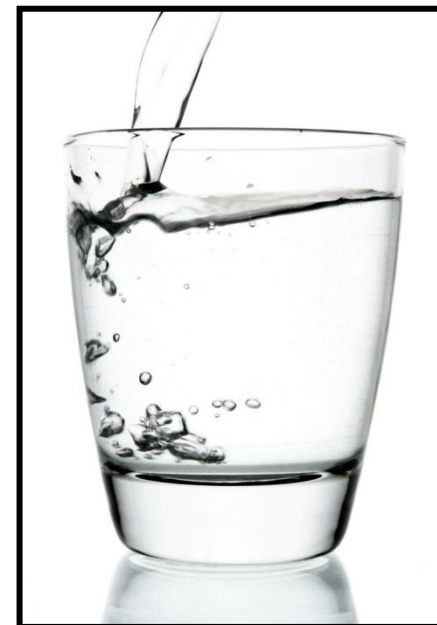


## What colour is your wee?

Keep yourself well and stay hydrated



## Are You Drinking Enough Fluids?



## What is Dehydration and What Causes it?

Water makes up over two thirds of the healthy human body. It is essential for lubricating the joints and eyes, aiding digestion, flushing out waste and toxins and keeping skin healthy.

Dehydration occurs when the normal fluid content of your body is reduced and is generally caused by not drinking enough fluid or by losing fluid and not replacing it.

You can lose fluid through vomiting, diarrhoea, sweating, and frequent urination due to an underlying medical condition and some medication.

## Drink Plenty of Fluids

Adults should drink a minimum of 1.2 to 2.0 litres (six to eight glasses) of fluid every day.

Higher intakes of total fluid will be required for those who are physically active or who are exposed to hot environments. Obese adults may also require higher intake of total fluid.

Individuals with certain conditions e.g. heart failure and kidney failure can retain fluid, and may need fluid to be limited, your GP or consultant will advise on optimal levels in these instances.

## Symptoms of Dehydration Include:

- Dry mouth or lips
- Dry skin
- Thirst
- Dizziness
- Tiredness
- Headache
- Dark coloured, strong smelling urine
- Light-headedness
- Reduced alertness
- Reduced ability to concentrate

Increase your intake of fluid (e.g. decaffeinated tea/coffee, herbal/fruit tea, squash, milk, juice) if you experience any signs of dehydration, or if you experience bladder or bowel urgency or frequency.

A simple method to track your body's hydration levels is by monitoring your urine; the colour of your urine can reflect how much water your body needs. (See 'what colour is your wee chart' overleaf)

## Good Hydration Can Help With the Treatment and Prevention of:

- Sepsis - a rare but serious complication of an infection. Without quick treatment, sepsis can lead to multiple organ failure and death. Common signs and symptoms include fever, increased heart rate, increased breathing rate, and confusion. For more information please visit <https://www.nhs.uk/conditions/sepsis/>.
- Pressure ulcers
- Constipation
- Confusion
- Kidney and gallstones
- Urinary Tract Infection (UTI)
- Circulatory problems
- Diabetes control
- Incontinence
- Low blood pressure
- Heart disease

Some individuals with a UTI may experience mild urinary incontinence and it may be tempting to reduce your fluid intake. However, this may exacerbate your symptoms and you should continue to maintain your fluid intake.

## Practical Tips

- Have water at meal times and at least hourly
- Try hot water with a piece of fruit in e.g. lemon or orange for a change
- Fruit or herbal teas make a change for those who like hot drinks
- Try warm squash e.g. blackcurrant or orange
- Try 'traditional' flavours of drinks e.g. dandelion and burdock, cream soda, ginger ale
- Eat hydrating foods such as custard, soup, juice of tinned fruit, ice cream, jelly, ice lollies and smoothies.
- Also eat fruit and vegetables that have a high fluid content e.g. pears, melon, orange, peach, tomatoes, cucumber, pineapple