

## Keeping Hydrated

You should aim to have at least 1.6 – 2 litres (around 6 – 8 glasses) of fluid per day to stay hydrated. Keeping hydrated can prevent or aid the treatment of constipation, low blood pressure, urinary tract infections (UTIs), pressure ulcers and falls.



**Did you know?** Around 20% of our daily fluid intake comes from within our food. See *'Hydration Boosters'* resource for more information.

- All fluids count, except for alcohol!** Choose a drink that you are most likely to enjoy and finish.
- Do not wait until you feel thirsty** to have a drink; thirst is a late response to dehydration.
- Use the pee chart to score your hydration status** as the colour of your urine can indicate dehydration risk.
- Serve drinks at their optimum temperature** and replenish any drink that has been left to stand.
- Choose nourishing fruit or milk based drinks** if you are not eating well or need to gain weight (see *'Super Shakes'* resource for recipe examples).
- Opt for water, skimmed milk or sugar-free drinks** if you have diabetes or are trying to lose weight.
- Replace fluid that is lost** through sweat, open wounds, diarrhoea or vomit to prevent dehydration.
- You will sweat more in warm conditions** and when you are more active.
- Limiting your fluid intake can make incontinence worse** because it reduces your bladder's capacity.
- Increase your fluid intake earlier in the day** if you worry about urinating at night.
- Fit your fluid intake around your daily routine** and take a bottle with you on the go.
- Spout cups, handled mugs or plastic tumblers** may be lighter and easier to handle.

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

1

2

3

4

5

6

7

8



**Tip:** Use a measuring jug to gauge the volume of your cups/glasses at home and complete a *'Self-Reported Fluid Intake'* resource to record your daily fluid intake.