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If you need this information in a different format such as in large print or on audio tape, or in a different language please contact Cambridgeshire and Peterborough Foundation Trust Communications Team on 01223 726767 or via email at: communications@cpft.nhs.uk

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Cantonese: 本資料亦以特大字體、錄音形式或其它語文提供，如有需要，請聯絡劍橋郡社區服務國家健康信託 (Cambridgeshire and Peterborough Foundation Trust)，電話01223 726767 電郵地址communications@cpft.nhs.uk

Turkish: Eğer bu bilginin kendi dilinizde çevirisini (ya da daha büyük harflerle baskısını veya kasete kayıtlı halini) isterseniz, lütfen Cambridge Bölgesi Kamu Hizmetleri Ulusal Sağlık Hizmeti Birimini (Cambridgeshire and Peterborough Foundation Trust) 01223 726767 no'lu telefon numarasından arayın veya communications@cpft.nhs.uk adresine e-mail gönderin.

Staying Hydrated

Nutrition & Dietetics
+
Continence Service

Clinician: _____

Contact number: _____

For further information about this service contact:

**Nutrition & Dietetics +
Continence Service on:**

0330 726 0077

© Cambridgeshire and Peterborough NHS
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Why is staying hydrated important?

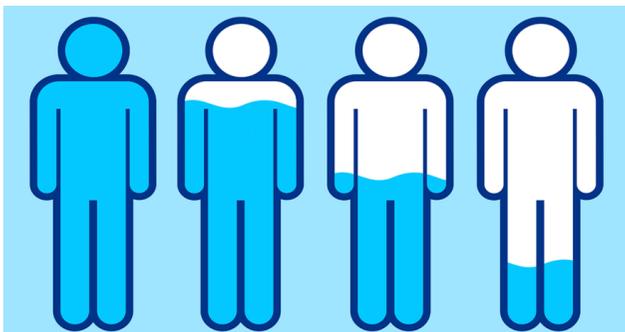
Water is essential for life and has many important functions including transporting nutrients in the blood and removing waste products that are passed in the urine. Water also helps to regulate body temperature by sweating.

Staying hydrated is important for maintaining good health and preventing things such as kidney stones, urinary tract infections and constipation.



What happens when I don't drink enough?

If you don't consume enough fluid you will become dehydrated. The first thing you will notice is increased thirst and a dry sticky mouth. Other effects include tiredness, poor concentration, headache and dizziness or light headedness. You may also notice your urine becomes darker in colour.



Time (hrs)	Oral fluid intake (mls)	Running total (mls)	Urine colour (1-8)
1300			
1400			
1500			
1600			
1700			
1800			
1900			
2000			
2100			
2200			
2300			
0000			

Notes:

Can you have too much fluid?

Be mindful of drinking fluids in excessive amounts above your recommended daily intake. Drinking large amounts of any fluid above your recommended intake can cause the sodium in your blood to drop rapidly which could lead to seizures.

Fluid intake chart

Use the chart below to record your fluid intake to see if you're meeting your requirement and act as a prompt to drink more throughout the day.

Time (hrs)	Oral fluid intake (mls)	Running total (mls)	Urine colour (1-8)
0100			
0200			
0300			
0400			
0500			
0600			
0700			
0800			
0900			
1000			
1100			
1200			

How much do I need to drink?

In the UK, the drinks we consume make up 70-80% of our water needs. The additional 20-30% comes from our diet (e.g. soups and fruits such as melon and vegetables such as celery). The table below is from the British Dietetic Association and shows the recommended amount of fluid that should be taken as drinks per day.

For adults we suggest on average drinking around 8 x 200ml glasses of fluid a day to keep well hydrated (ideally water unless advised by a dietitian).

	Age	Adequate water intake from drinks (ml/day)
Infants	0-6 months	550ml through milk
	7-12 months	640 – 800ml
Children	1-2 years	880 – 960ml
	2-3 years	1040ml
	4-8 years	1280ml
	9-13 years	Boys: 1680ml Girls: 1520ml
	> 14 years	As adults
Adults including the elderly		Men: 2000ml Women: 1600ml
Pregnant women		As adults + 300ml per day
Lactating women		As adults + 600-700ml per day

****Please note these requirements are not applicable to those who have been advised to be on a fluid restriction by a health care professional****

What factors affect my fluid requirement?

There are a variety of factors which will effect your fluid requirement including age and your level of physical activity. Warm weather and humidity will also impact your fluid requirement.



Age:

Elderly people are vulnerable to dehydration and they may have difficulty accessing drinks. Fear of incontinence may also lead to a reduction in fluid intake. Regular drinks should be offered and these can include hot drinks such as tea, coffee, hot chocolate and malted drinks.

Sport:

It is important that water lost through sweat when exercising is replaced to maintain performance and health. Some athletes may find isotonic drinks useful (such as Lucozade Sport or Lucozade Original).

What counts as fluid?

In the UK drinking tap water is a good way of staying hydrated. Other drinks such as tea and coffee are also a good fluid source however if you have a high intake of tea and coffee be mindful of your caffeine intake.

Unless advised so by a dietitian, it is advisable to limit your intake of high sugar drinks such as fizzy drinks. Fresh fruit juice is a good source of vitamins and also counts towards your 5-a-day but can also be high in sugar so you should limit your intake of these to one small serving per day (125ml).



Alcohol may make the body pass more urine than usual and lead to dehydration It's a good idea to also drink low-sugar soft drinks or water when drinking alcohol.

Other sources of fluid

For those individuals with a low fluid intake, other foods such as jellies, soups, ice lollies, sauces and ice cream still contribute to their overall fluid intake.



What fluid is best for me to have?

For those with bladder problems such as an overactive bladder causing urgency and frequency we recommend that you drink more water and diluted squash rather than caffeinated and fizzy drinks as these are bladder irritants.

It is advisable that you discuss your fluid requirements and what type of fluid is best for you to drink with your dietitian.

How do I know if I'm drinking enough?

Signs of dehydration include: thirst, dry mouth or lips, tiredness, headache, dry and loose skin, constipation, dark and strong smelling urine.

The chart below is a guide to urine concentration.

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

