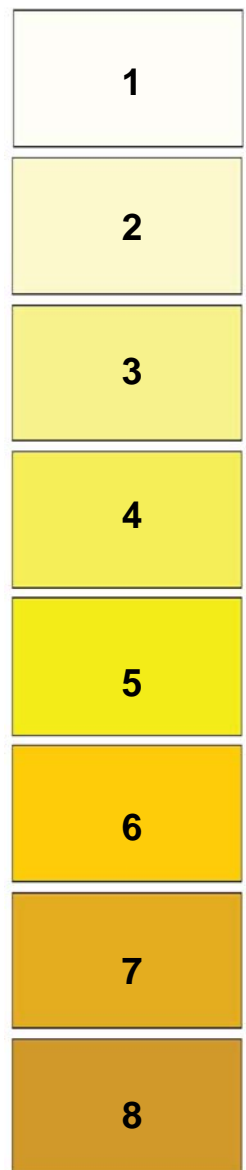


Keeping hydrated

You should aim to have 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.

- **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 (right) 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 the '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!**



Tip: use a measuring jug to gauge the volume of your cups / glasses at home and complete the 'Self-reported fluid intake' resource to record your daily fluid intake.

Contact us

If you have any questions or concerns about these information sheets, please contact the Lambeth and Southwark Action on Malnutrition Project on 020 30495422 (Monday to Friday, 9am to 5pm).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

t: 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

t: 020 7188 8815 **fax:** 020 7188 5953

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Become a member of your local hospitals, and help shape our future

Membership is free and it is completely up to you how much you get involved. To become a member of our Foundation Trust, you need to be 18 years of age or over, live in Lambeth, Southwark, Lewisham, Wandsworth or Westminster or have been a patient at either hospital in the last five years. To join:

t: 0848 143 4017 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk