





Self-reported fluid intake over 24 hours

To remain healthy and avoid dehydration and its unwanted complications, you should aim to have 1.6-2 litres (around 6-8 glasses) of fluid per day.

To help you keep track, use this chart to record all drinks and fluid-rich foods that you have within 24 hours (excluding alcohol). Tick the box that represents the cup or glass, and make a note if you don't manage the full drink. Add all items together to give your overall estimated daily fluid intake.

Type	Number of drinks								Estimated intake	
	1	2	3	4	5	6	7	8		
 Plastic cup	200ml <input type="checkbox"/>	400ml <input type="checkbox"/>	600ml <input type="checkbox"/>	800ml <input type="checkbox"/>	1000ml <input type="checkbox"/>	1200ml <input type="checkbox"/>	1400ml <input type="checkbox"/>	1600ml <input type="checkbox"/>	= _____ ml	
 Tea cup	200ml <input type="checkbox"/>	400ml <input type="checkbox"/>	600ml <input type="checkbox"/>	800ml <input type="checkbox"/>	1000ml <input type="checkbox"/>	1200ml <input type="checkbox"/>	1400ml <input type="checkbox"/>	1600ml <input type="checkbox"/>	= _____ ml	
 Glass	250ml <input type="checkbox"/>	500ml <input type="checkbox"/>	750ml <input type="checkbox"/>	1000ml <input type="checkbox"/>	1250ml <input type="checkbox"/>	1500ml <input type="checkbox"/>	1750ml <input type="checkbox"/>	2000ml <input type="checkbox"/>	= _____ ml	
 Mug	300ml <input type="checkbox"/>	600ml <input type="checkbox"/>	900ml <input type="checkbox"/>	1200ml <input type="checkbox"/>	1500ml <input type="checkbox"/>	1800ml <input type="checkbox"/>	2100ml <input type="checkbox"/>	2400ml <input type="checkbox"/>	= _____ ml	
Other <i>Please describe</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	= _____ ml	
<table border="1" style="width: 100%;"> <tr> <td style="text-align: center;">Estimated daily fluid intake</td> </tr> </table>										Estimated daily fluid intake
Estimated daily fluid intake										

Tip: Use a measuring jug to find out the volume of your cups and glasses at home as some hold more fluid than you think.

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