

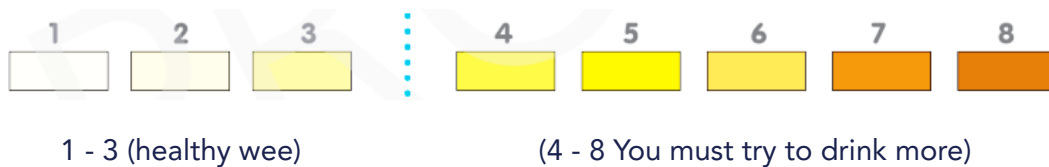
Urine Chart

Are you drinking enough?

You should aim to drink around 8 glasses or mugs (1.6-2 litres or 3-4 pints) of fluid per day to keep you fit, healthy and well hydrated unless you have been advised to have less or more by a health professional.

Signs you are not drinking enough i.e. dehydrated, can include: thirst, a dry mouth or lips, tiredness, headache, dry or loose skin, constipation and dark coloured or strong smelling urine. You will also notice that you are not passing urine as often, and when you do pass urine it is only a small amount.

Use the urine colour chart below to check if you are drinking enough.



Tips for Healthy Hydration

- Any fluid counts e.g. water, tea, milk, squash, soup or hot chocolate. Ensure these are sugar free if you have diabetes or are trying to lose weight.
- Avoid large amounts of caffeine or alcohol. Try decaffeinated versions of tea and coffee if you drink more than 4 cups a day.
- Fit your fluid intake around your daily routine e.g. a full glass of water with tablets and a drink after and between each meal and at bedtime.
- Drink more when the weather is hot.
- Vomiting or diarrhoea? Drink more to replace the fluid lost.
- If you are worried about urinating through the night or if you limit your drinks because you struggle to get to the toilet. Then try to have more of your fluid intake earlier in the day e.g. 3 drinks before lunchtime. If this continues let your community nurse or GP know.
- If you have been advised to thicken fluids. Ensure they are being thickened as recommended, and make sure you are drinking enough.