

Tips on fluid

Having an adequate fluid intake is **very important**. If you do not drink enough, this can lead to dehydration, infections, falls and poor wound healing. This results in the normal water content of your body being reduced, which upsets the balance of minerals (salts and sugar) in your body, affecting the way it functions.

Spotting the signs and symptoms of dehydration

Are you:

- drinking less than usual? (for example due to nausea & vomiting)
- producing small amounts of urine? Is it strong smelling?
- feeling tired?
- confused?
- constipated?
- always thirsty?
- light headed?
- having frequent urinary tract infections or problems with your catheter blocking?

If so you may be suffering from dehydration.

What can you do to improve hydration?

Be aware of the signs and symptoms of dehydration so you can take action.

Drink plenty of fluids each day.

- Aim for 8 mugs/glasses a day - for example after each meal and at snack time.
- Before you start any activity or task have a drink.
- Have foods which have a high fluid content for example soups, jellies, mousses, ice cream, fruit lollies.
- Take a drink with you when you go out

Feeling sick?

- Try sipping drinks regularly throughout the day
- Try to drink nourishing fluids such as juices, milkshakes, milky coffee/tea, malted milk drinks, drinking chocolate, sports or energy drinks or nutritional supplements as advised by your dietitian This is especially important if you have a poor appetite and/or are losing weight (**Do not just have water**).
- Try sipping non-alcoholic ginger ale/ginger beer or ginger teas such as lemon and ginger tea as ginger may settle your stomach. Cold or warm beverages may increase or trigger nausea in already sensitive stomachs so if this is the case try to drink fluids at room temperature.

Written information cannot replace personalised recommendations. For further advice please seek a dietetic referral from your consultant or GP.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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