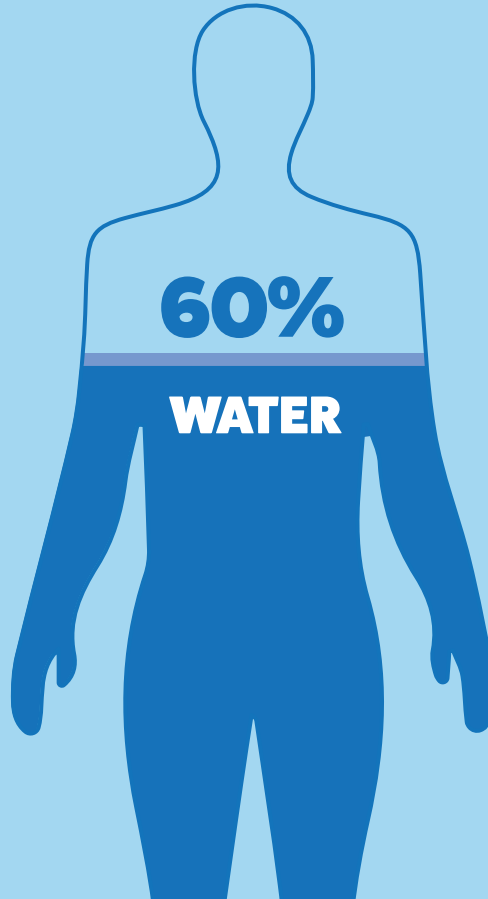
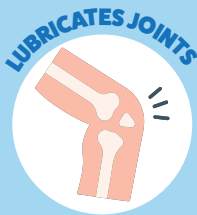
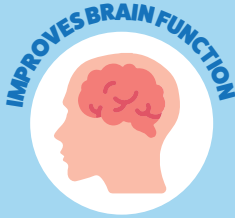


Hydration

Keeping yourself hydrated and healthy



**EVERY
DROP
COUNTS**

The endless benefits of hydration

Water makes up around 60% of your entire body and is vital for staying healthy.

EVERY DROP COUNTS

Drink 6-8 times a day and aim for at least eight cups of fluid

Is fear of incontinence stopping you from hydrating?

When you are not hydrated enough, your urine becomes concentrated, and can irritate the lining of your bladder. This can cause you pain, discomfort and make you need to wee more often and with more urgency. Your wee is also likely to smell stronger.

If you suffer with bladder leakage you may notice that you leak more often when you reduce your fluids. This is because your bladder becomes unstable and difficult to control.

There are number of food and drinks that can help you to stay hydrated and keep you well.



Great drinks that do not irritate the bladder:

Decaffeinated coffee and tea, herbal teas, milk, milkshakes, water and diluted fruit juice.



Drinks and food which can irritate the bladder:

Citrus fruit and juices, tomatoes, fizzy drinks, alcohol, tea, coffee, hot chocolate and green tea.

EVERY BITE COUNTS

Remember any fluid or food high in water concentration counts

If you are age over 65 years, did you know...

- your sense of thirst decreases
- your kidneys do not function as well
- you may experience difficulty swallowing

This means you have an increased risk of becoming dehydrated. This can lead to urinary tract infections, constipation, risk of falls and reduce mental performance.

Around 80% of water comes from drinks and a further 20% percent is contained in our food.

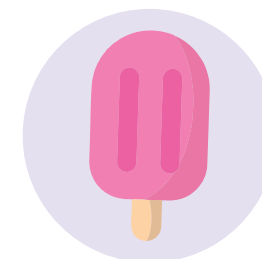
Here are some foods you can eat to help you stay hydrated:



Fruit



Jelly



Ice lollies

Make sure to let care or ward staff know your preferences from the available food and drink options.

How do you like your CUPPA?

A Proper
Builder's Brew



Short 'n'
Sweet



Just
TEA!



Drop of
Milk



In the
Middle



Mostly
Milk



Mine's a
Fruit Tea!



Coffee...
Always!



Not My
Cup of Tea



**EVERY
CUP 
COUNTS**

Make sure you let us know how
you like your brew so we can help
you stay hydrated.