

## Keeping your fluids up

We should aim to drink at least 1.6 – 2L fluid (around 6 – 8 glasses) of fluid per day to stay hydrated.



- All fluids count, except for alcohol.
- Have a drink with all meals and snacks.
- Keep a glass of water at your bedside at night.
- It can be easy to forget to drink. Keep a glass or jug near you and bring a bottle/thermos with you when away from home, for regular sips.
- Having drinks at their optimum temperature makes them more appealing.
- Choose nourishing milk or fruit-based drinks if you need to gain weight.
- Have extra fluids if you suffer diarrhoea, vomiting, losing fluid through sweating, or if you have an open wound.
- Take extra fluids in warm weather and after physical activity.
- You may find different types of cups or aids helpful e.g. two handled cups, lighter plastic cups or beakers, doidy cups, spouted beakers, straws.
- **For carers:** Prompt regularly – some people, especially older people, may need frequent reminders, encouragement, or assistance to take adequate fluids.



\* If you have **swallowing difficulties**, ask your GP to refer you to a Speech and Language Therapist for further advice.

\*If you use thickened fluids do so under direction of a **Speech & Language Therapist**.

**NHS**

**Symptoms of dehydration in adults and children include:**

- feeling thirsty
- dark yellow and strong-smelling pee
- feeling dizzy or lightheaded
- feeling tired
- a dry mouth, lips and eyes
- peeing little, and fewer than 4 times a day

**NHS**

**Dehydration can happen more easily if you have:**

- diabetes
- vomiting or diarrhoea
- been in the sun too long (heatstroke)
- drunk too much alcohol
- sweated too much after exercising
- a high temperature of 38C or more
- been taking medicines that make you pee more (diuretics)

The infographic also features an illustration of a person sitting in a chair with a thermometer next to them, indicating a high temperature.

### Image of a Doidy cup



For healthy eating advice please refer to the Eat Well Guide by visiting NHS website - <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

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