

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.
- <u>For carers:</u> 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.**

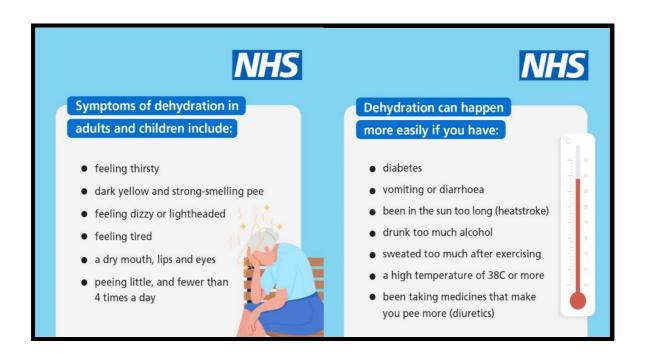


Image of a Doidy cup



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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