



# Getting enough fluids at home

Information for patients,  
relatives and carers

[www.leicspart.nhs.uk](http://www.leicspart.nhs.uk)

Email: [feedback@leicspart.nhs.uk](mailto:feedback@leicspart.nhs.uk)

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## Having enough to drink is really important

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Medical evidence shows that being hydrated has a significant impact on preventing or helping to treat conditions such as:

- pressure ulcers (bed sores)
- blood clots
- heart disease
- management of diabetes
- dizziness and confusion leading to falls
- confusion/memory loss
- urinary infections and incontinence - adequate fluids may reduce feelings of urgency
- constipation
- kidney and gallstones
- low blood pressure
- poor oral health

For these reasons, it is really important that you or your relative/friend drink enough fluids at home.

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## How much fluid do we need each day?

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At least 1.2 litres/day (about 8 cups or 6 glasses or mugs). Drink fewer drinks containing caffeine or alcohol. Alcohol increases the risk of dehydration.

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## Who is at risk of dehydration?

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People who:

- are dependent on others for provision/access to fluids
- have swallowing problems
- have an increased temperature or are sweating
- have diarrhoea and/or vomiting
- have taken part in strenuous physical activities

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## Spotting the signs and symptoms

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Are you or your loved one:

- eating/drinking less than usual?
- producing small amounts of urine? Is it dark in colour or strong smelling?
- feeling tired regularly?
- confused?
- constipated?
- prone to infections?
- always thirsty?

Do you or your loved one have a dry mouth, lips or eyes?

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## What you can do to improve hydration

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- Know the signs and symptoms so you can identify dehydration and take action.
- Aim for 8 drinks/day - for example after each meal and at snack time.
- Aim to have a glass of water with medication.
- Try to have more milky drinks. These are very important if you or your loved one is losing weight and/or have a poor appetite.
- Have foods which have a high fluid content - for example soups, jellies, mousses, ice cream, lollies, fruit.
- If you are a carer, sit down and have a drink with the person and encourage other friends and relatives to do the same.
- Plan visits/observe mealtimes to get a sense of what the person is drinking and if they have any problems drinking.

If you need this information in another language  
or format please telephone 020 7253 7700 or  
email: [Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk)

## Arabic

إذا كنت في حاجة إلى قراءة هذه المعلومات بلغة أخرى أو بتنسيق مختلف، يرجى الاتصال بهاتف رقم 020 7253 7700 أو إرسال بريد إلكتروني إلى: [Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk)

## Bengali

যদি এই তথ্য অন্য কোন ভাষায় বা ফরমেটে আপনার দরকার হয় তাহলে দয়া করে 020 7253 7700 নম্বরে ফোন করুন বা [Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk) ঠিকানায় ই-মেইল করুন।

## Traditional Chinese

如果您需要將本資訊翻譯為其他語言或用其他格式顯示，請致電 020 7253 7700 或發電子郵件至：[Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk)

## Gujarati

જો તમારે આ માહિતી અન્ય ભાષા અથવા ફોર્મેટમાં જોઈતી હોય તો 020 7253 7700 પર ટેલિફોન કરો અથવા [Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk) પર ઇમેઇલ કરો.

## Hindi

अगर आप यह जानकारी किसी अन्य भाषा या प्रारूप में चाहते हैं तो कृपया 020 7253 7700 पर हमें फोन करें या [Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk) पर हमें ईमेल करें

## Polish

Jeżeli są Państwo zainteresowani otrzymaniem niniejszych informacji w innym języku lub formie, prosimy skontaktować się z nami telefonicznie pod numerem 020 7253 7700 lub za pośrednictwem poczty elektronicznej na adres: [Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk)

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ 020 7253 7700 ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ ਜਾਂ ਇੱਥੇ ਈਮੇਲ ਕਰੋ: [Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk)

## Somali

Haddii aad rabto in aad warbixintan ku hesho luqad ama nuskhad kale fadlan soo wac lambarka 020 7253 7700 ama email u dir: [Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk)

## Urdu

اگر آپ کو یہ معلومات کسی اور زبان یا صورت میں درکار ہوں تو براہ کرم اس ٹیلی فون نمبر 020 7253 7700 یا ای میل پر رابطہ کریں [Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk)