

Drinks Tracker

It is important to drink plenty of fluid.

You should drink six to eight glasses of fluid* every day to prevent dehydration. You need to drink more in warmer weather.

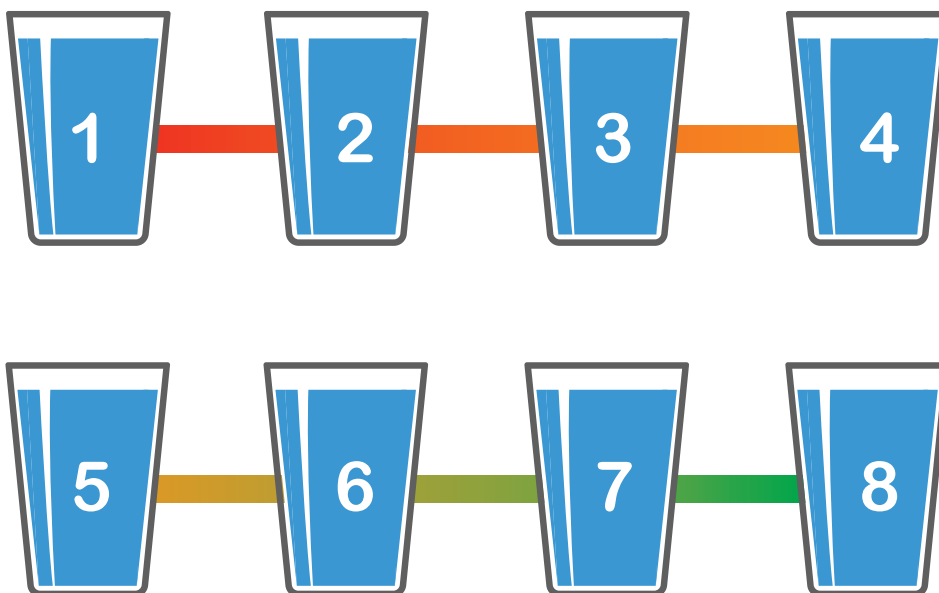
Signs of dehydration can include: a dry mouth or lips, thirst, tiredness, headache, dry and loose skin, and dark coloured or strong smelling urine.

* Alcoholic drinks do not count and can cause dehydration.

**Remember to
have 6-8 drinks
during the day**

How much have you drunk today?

Cross off each drink as you finish it to keep track of your intake. Try to drink all eight glasses each day.

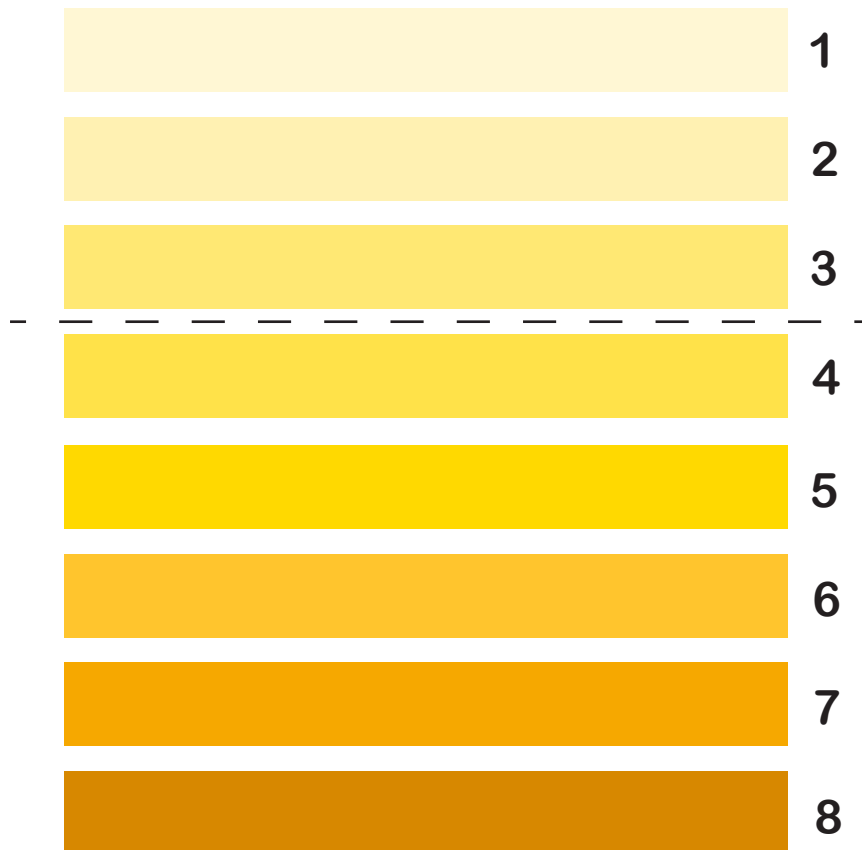


If you are unable to manage to drink your recommended daily amount or are experiencing any other signs or causes of dehydration, please speak to a member of staff.

Check your urine

Check your urine colour each time you go to the toilet. If your urine is dark or has a strong odour, you need to drink more.

Healthy pee is 1 to 3. If yours is between 4 and 8 you must hydrate



It is also important to consider the quantity of urine you are passing. Was it a lot or a little?

If you are passing only small amounts, increase the amount of fluid you are drinking.