

EVERY SiP COUNTS

Stay Hydrated

Use this urine colour chart to check for signs of dehydration.



Follow our guidance on how to stay hydrated, particularly aimed at those 65 and over who are most at risk from getting a UTI.



You should aim to drink 6-8 glasses of fluid per day

Signs of dehydration

- strong-smelling urine (pee)
- feeling dizzy or lightheaded
- feeling tired
- dry mouth, lips or eyes
- bad breath
- headaches
- urinating less than usual

Contact your GP, pharmacist or NHS 111 if you think you have a UTI.

Visit www.nhs.uk for more info.

For any questions or queries regarding these resources, please contact: bswicb.ipc@nhs.net

Tips for you

- Drink your favourite drinks little and often.
- Try adding pieces of fruit to a glass or bottle of tap water.
- Take a refillable water bottle with you on your travels.
- Having water bottles/jugs to hand can act as a visual reminder to drink.
- Alcohol is a diuretic, so drinking lots of it makes you go to the toilet more.
- Consume more fluid-rich foods.