

Hydration Tips

Preventing Dehydration is the key intervention to preventing UTIs

Hydrate
Hydrate
Hydrate



- Ensure adequate fluid consumption. Usual amount is around 1500-2000mls (6-8 glasses) each day. If patients are fluid restricted follow the guidance provided.
- Soups, jelly, gravy, sauces are also a good way of increasing fluid content for elderly that are unable to drink as much
- Fluid should be consumed regularly throughout the day
- For care home residents record fluids offered and consumed and provide assistance if necessary. Make access to fluids easily available if appropriate
- Ensure choice of cup and drinks is appropriate for the individual
- Try coloured cups. In a Boston University study it was found that dementia residents drank almost 84% more liquid when served in coloured cups
- Regular bladder emptying throughout the day is key to preventing UTIs especially after long periods of sitting and lying down.
- Seek immediate advice if there are any constipation or continence issues. Decreasing fluid does not decrease incontinence risk but in fact does the opposite
- Carrying a drink bottle around for mobile individuals
- Colour of urine is a good indicator of hydration – general rule of adequate hydration is the lighter and clearer the urine the better. Refer to Preventing UTI poster
- Maintaining hand hygiene for both carer and resident