

Reported benefits of healthy fluid intake

- Increased alertness
- Increased energy
- Fewer falls
- Less dizziness
- Reduction in laxative use
- Reduction in urinary infections
- Easing of bladder symptoms
- Fewer interrupted nights
- Better quality sleep

Some ideas to increase fluid intake

- Take regular small amounts of fluids rather than one big volume
- Drink fluids you enjoy
- Use visual prompts and reminders if you have a poor memory
- Drink a whole glass of water when taking medication
- Use diet to increase the fluid intake, with milky puddings, jellies and soups
- Fresh fruit can also increase fluid intake



Help us get it right

If you have a complaint, concern, comment or compliment please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 9.30am to 4.30pm or email lch.pet@nhs.net

We can make this information available in Braille, large print, audio or other languages.

Contact us

Community Neurological Rehabilitation Centre
St Mary's Hospital
Green Hill Road
Leeds LS12 3QE

Tel: 0113 855 5082
Monday to Friday 8.30am to 4.30pm

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fluids for health



An information leaflet for patients

Community Neurological Rehabilitation Centre

Why is fluid intake so important?

Most of the human body is made up of water. It is lost all the time from the body. Therefore it is important to maintain an adequate fluid intake or you may become ill through dehydration.

Dehydration causes many symptoms, including:

- Thirst
- Headaches
- Dizziness
- Confusion
- Fatigue

It can also cause continence problems, such as:

- Constipation
- Increased risk of urine infections
- Irritation of the bladder
- Increased risk of catheter blockage



How much should we drink?

The general recommended amount to maintain health is 1½ litres daily or 2½ pints.

This amount may have to be varied depending on certain circumstances:

- If you have a temperature
- If you are eating a fibre rich diet
- Certain medications require more fluids to work efficiently
- In hot weather due to sweating
- Depending on size / body weight

Types of fluids

Any type of fluid can be counted including coffee, tea, water and fruit juices.

Certain foods can also be helpful to increase fluid intake, such as soup, jellies and custards.

Too many fizzy drinks, coffee, tea and alcohol should be avoided as these can irritate the bladder and may cause symptoms of frequency and urgency.

Caffeine

Caffeine is present in many types of fluids, including:

- Tea
- Coffee
- Cola
- Some herbal teas



Drinks that don't irritate the bladder

- Water
- Milk
- Decaffeinated tea
- Decaffeinated coffee
- Herbal teas
- Milk shakes
- Diluted fruit squash
- Cranberry juice



Drinks that can irritate the bladder

- Tea (caffeinated)
- Coffee (caffeinated)
- Hot chocolate
- Green tea
- Blackcurrant juice
- Fresh citrus fruit juices
- Cola
- Fizzy drinks
- Alcohol
- Tomato juice

