

# EVERY SIP COUNTS

**Stay Hydrated**

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

All non-alcoholic fluid counts including water, tea, coffee, milk, fruit juice and smoothies – every sip counts!

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



**Look out for other signs of dehydration, including:**

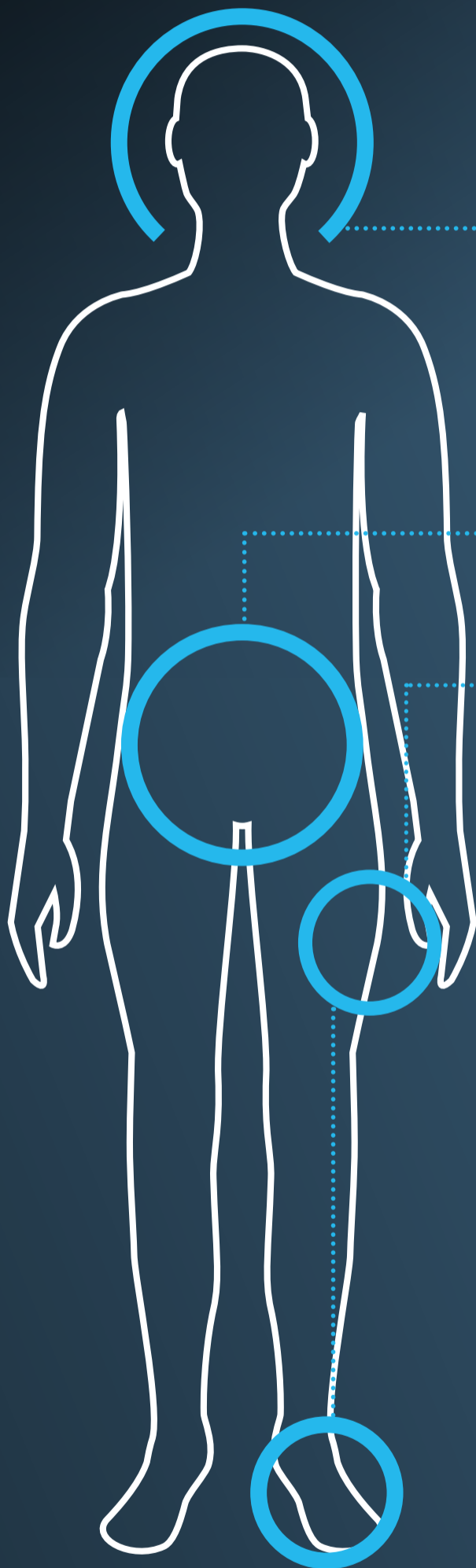
- strong-smelling urine (pee)
- feeling dizzy or lightheaded
- feeling tired
- dry mouth, lips or eyes
- bad breath
- headaches
- urinating less than usual

Some medicines may affect urine colour. If you are unsure, please ask a pharmacist. For any questions or queries regarding these resources, please contact: [bswicb.ipc@nhs.net](mailto:bswicb.ipc@nhs.net)



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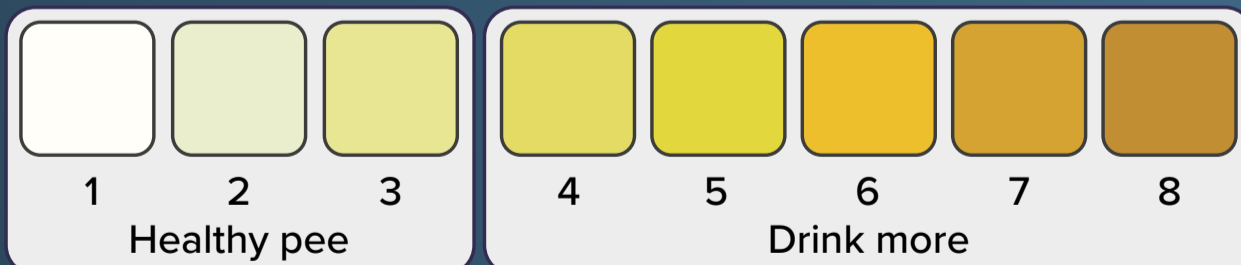
## Effects of dehydration

- Headache
- Dizziness leading to falls
- Increasing confusion
- Poor oral health
- Constipation
- Urinary Tract Infection (UTI)
- Kidney stones
- Pressure ulcers

## Spotting signs and symptoms of dehydration

- Drinking less
- Feeling thirsty
- Headaches
- Tiredness
- Dry mouth/lips/eyes
- Poor oral health
- Dark urine
- Small amount of urine
- UTI
- Constipation
- Confusion

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



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