

## What if I feel unwell?

You are more likely to become dehydrated when you are unwell with any of the following:

- Vomiting
- Diarrhoea
- High temperature or fevers

If you do feel unwell, try to drink more.

## Medications and your kidneys

If you become dehydrated, some medications can stop your kidneys working as well as they normally do - it is important to know what to do if you become unwell.

Ask your pharmacist or doctor about having a plan to follow if you become dehydrated (known as 'sick day guidance'), especially if you take medication for blood pressure or diabetes.

Avoid taking anti-inflammatory drugs when you are dehydrated, e.g. ibuprofen, diclofenac or naproxen.

**Speak to your pharmacist or doctor before stopping any of your medication.**



## Further Information

### NHS Choices

[www.nhs.uk/conditions/Dehydration/](http://www.nhs.uk/conditions/Dehydration/)

### Natural Hydration Council

[www.naturalhydrationcouncil.org.uk](http://www.naturalhydrationcouncil.org.uk)

### Think Kidneys

[www.thinkkidneys.nhs.uk](http://www.thinkkidneys.nhs.uk)



## Patient Information

### Are you at risk of dehydration?



**Drink more water** - Staying hydrated is important for your health and wellbeing

[www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)

You can request this information in a different format or another language.

Date of publication: May 2018

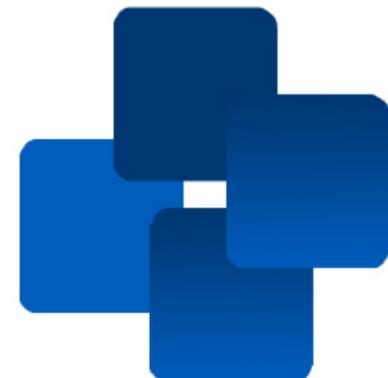
Author: AKI Team

Reference: Hydration

Version: 01

Review Date: May 2021

© East and North Hertfordshire NHS Trust



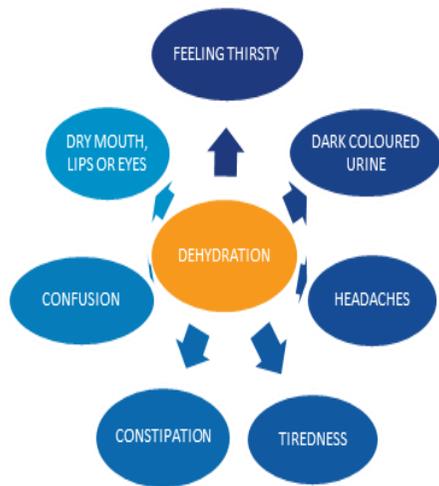
## Keep your kidneys healthy, stay hydrated!



The kidneys are the hardest working organ in your body. Their main function is to purify blood by filtering out and removing waste products from the body. Urine (wee) is produced by the kidneys when the blood is filtered.

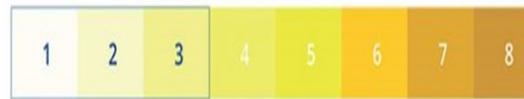
Drinking plenty of water helps the body to remove waste and keeps your kidneys healthy. Keeping well hydrated can also help reduce the risk of headaches, dizziness, confusion, urinary infections (UTIs), constipation and kidney stones.

## Signs and symptoms of dehydration



## Tips to stay hydrated

- Sip water little and often. Try to avoid drinking large amounts in one go.
- Keep a bottle of water handy when you are on the move or exercising.
- Look at the colour of your urine! Healthy urine should be straw coloured or paler. If it's any darker than this, it is an indicator that you could be dehydrated and need to drink more.



Healthy wee is 1-3, 4-8 you must hydrate

Every day aim to drink:

- 8 x 200ml glasses of fluids (for women)
- 10 x 200ml glasses of fluids (for men)

Please note: Some medical conditions may prevent you from drinking this amount, so please consult your doctor if you are concerned or unsure.

## What fluids should I drink?

- **Drinking water will keep your kidneys healthy.** Water does not contain sugar which can damage teeth.
- Milk is an excellent source of calcium which is great to build healthy bones.
- Fruit juices and smoothies are a good source of essential vitamins and minerals. They can be high in sugar so should be limited to one small glass a day.
- Avoid squashes, sugary and fizzy drinks as these contain sugar and very few nutrients.
- Tea, coffee and caffeinated drinks should be kept to a minimum as they can make you produce urine more quickly.
- Alcohol does not contribute to your daily fluid intake and can make you dehydrated.

