

STAY HEALTHY THROUGH HYDRATION

ARE YOU DRINKING ENOUGH FLUID?

If you do not drink enough you will produce concentrated urine. Well hydrated people are less likely to develop a urinary tract infection. The table below is a rough guide for the recommended amount of fluid you should drink per day based on your weight.

| WEIGHT | | FLUID (fluid should be alcohol free) | |
|--------|-----|--------------------------------------|---------------|
| Stones | Kg | Mls | Mugs (300mls) |
| 6 | 38 | 1,190 | 4 |
| 7 | 45 | 1,275 | 5 |
| 8 | 51 | 1,446 | 5-6 |
| 9 | 57 | 1,786 | 6 |
| 10 | 64 | 1,981 | 7 |
| 11 | 70 | 2,179 | 7-8 |
| 12 | 76 | 2,377 | 8 |
| 13 | 83 | 2,575 | 9 |
| 14 | 89 | 2,773 | 10 |
| 15 | 95 | 2,971 | 10-11 |
| 16 | 102 | 3,136 | 11 |

ADAPTED FROM: Abrams & Klevmar (1996)

NOTE: SOME PEOPLE HAVE FLUID RESTRICTIONS FOR MEDICAL REASONS, CONTACT YOUR GP FOR ADVICE DURING HOT WEATHER IF YOU HAVE BEEN ADVISED TO LIMIT YOUR FLUID INTAKE

URINE COLOUR CHART

NOTE: VITAMINS, MEDICATIONS, ALCOHOL & CERTAIN DIETS CAN AFFECT COLOUR OF URINE

The general rule of adequate hydration is that the clearer and lighter the urine the better.

