

Stay Hydrated

Stay healthy



Tip 1: Aim for 6–8 drinks a day

That's about three pints of fluid daily to keep your body functioning well.



Tip 2: Keep a water bottle or jug nearby

A visible reminder helps you drink regularly. If you find large glasses difficult to hold, use a lightweight cup.



Tip 3: Mix it up with different drinks

Juice, tea, milk, and cordials all count! Tea and coffee are not dehydrating, but caffeine may increase bathroom visits – try decaf if needed.

Tip 4: Hydration isn't just about drinking

Eat fluid-rich foods like soups, stews, fruit in juice and meals with sauces to boost hydration.



Tip 5: Drinking more doesn't mean more toilet trips!

In fact, not drinking enough can irritate your bladder and increase urgency. If you notice more trips at first, your body should adjust in a few days.



Did you know?

As we age, our sense of thirst decreases, but our body still needs the same amount of fluid! Don't wait until you feel thirsty —stay hydrated throughout the day.

Tel: 0330 2000 103
Web: www.hils-uk.org

