

# Stay hydrated

Adequate hydration is important, especially during a hospital admission. Being well hydrated can help prevent and treat the following illnesses:

- Pressure sores
- Constipation
- Kidney stones
- Urinary infections
- Dizziness leading to falls
- Low blood pressure

**Are you drinking enough fluid to stay hydrated?**

Drink 1.6 to 2 litres per day or 8 to 10 glasses of fluid to avoid dehydration.

**Fluids help hydrate:**

Water, milk, squash, fruit juice, fruit teas, tea, hot chocolate and nutritional supplements.

