Hydration

What colour is your urine?

1 2 3 4 5 6 7 8

Actions

Adequate fluid intake
Increase fluid intake
Medical attention

Thirst response diminishes with age. Please offer drinks regularly throughout the day.

A urinary tract infection (UTI) happens when bacteria in the bladder or kidney multiply in the urine.

Symptoms of UTIs:
- Cloudy urine
- Bloody urine
- Strong or foul smelling urine
- Frequent or urgent need to urinate
- Pain or burning
- Pressure in the lower pelvis
- Temperature
- Confusion or delirium
- Agitation
- Behavioural changes
- Low Blood Pressure
- Falling

Ideal daily fluid intake is 1.5 – 2.5 litres

= approx. 240 ml

= approx. 180 ml

fallsteam@uhb.nhs.uk