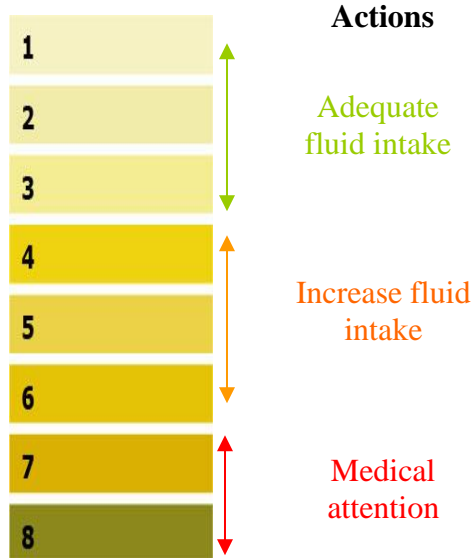


## Hydration



### What colour is your urine?



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

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