Wonderful Water

Water makes up more than half of our body weight. We lose some each day through sweating, going to the toilet and breathing. We need to replace this water each day to stay healthy, to help prevent constipation, and to help our kidneys work.

Drink at least eight glasses of fluid each day, and more if you have been very active or it is a hot day. Water is the best drink as it has no sugar, is cheap and easy to get. Other fluids include milk, tea, coffee, weak cordial and juice, soup, jelly, custard and ice cream. These fluids can also be counted towards your eight glasses of fluid a day.

Try these tips to get enough fluid each day:

* Don’t wait until you are thirsty, drink often over the day.
* Keep a jug of cold water with a squeeze of lemon or slices of fruit (try orange, strawberries, or mint leaves) in the fridge.
* If you take medication, take it with a full glass of water.
* Take a bottle of water with you when you go out (for example, walking or shopping).
* Have a jug of water and a glass on the table at meal times.
* Not drinking because you are worried about a weak bladder or going to the toilet at night can make the problem worse. Ask your doctor or community nurse if you are unsure.

*Updated August 2019*