

Hydration Bundle

THINK 'A E I O U'

Assess

Assess the individual's needs

Educate

Educate your patient or resident & their relatives

Iinput

Record how much fluid is taken over a 24 hour period, remember to include those foods that are high in water content.

Output

Record urine output, include & estimate incontinence

Urine

Record any changes: Does the colour indicate dehydration?
(Remember some foods will change the colour of the urine)
Is there an offensive odour?

How Much to Input?

Standard Glass
200mls
(At least 8 of these a day)



Or

Standard Cup
180mls
(At least 9 of these a day)



Or

Standard Jug
1 litre
(At least 1 ½ of these a day)



Eat your water in food stuff

Soup contains **150-200mls** (dependent on bowl size)

Jelly
Stew/Broth
Sauces
Fruit
Vegetables
Milk puddings
Yoghurt
Ice cream
Ice lollies
Custard
Milk shakes
Breakfast cereals
Scrambled egg

16 foods with the highest % of water

Orange
Cucumber
Iceberg lettuce
Celery
Radish
Tomatoes
Green peppers
Baby carrots
Cantaloupe melon
Cauliflower
Water melon
Spinach
Star fruit
Strawberries
Broccoli
Grapefruit