

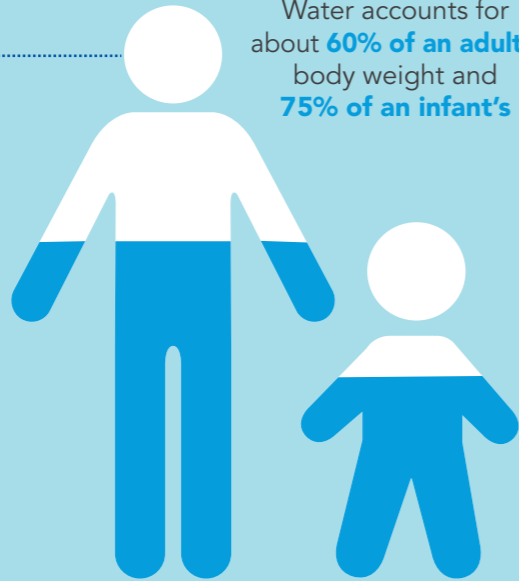
# THE IMPORTANCE OF HYDRATION

We all know we should be drinking more water. But for ostomists, keeping hydrated is even more important. Having a stoma means that food and water pass through the bowel more quickly, making it essential to keep your fluid levels topped up.

Our brain is **73%** water



Water accounts for about **60% of an adult's** body weight and **75% of an infant's**



Poor hydration affects:

- CONCENTRATION
- COGNITIVE AND PHYSICAL PERFORMANCE
- MOOD

## WHY WATER IS IMPORTANT:

- IT PERFORMS VITAL FUNCTIONS
- CARRIES NUTRIENTS TO CELLS
- HELPS REMOVE WASTE PRODUCTS
- REGULATES TEMPERATURE

## HOW DO WE LOSE WATER?

URINE



FAECES



SKIN



BREATH



## WATER MUST BE REPLACED REGULARLY VIA FOOD AND DRINK



**2.5 litres daily** for men



**2.0 litres daily** for women

### NHS recommends:



Women drink **8 x 200ml glasses** of fluid per day



Men drink **10 x 200ml glasses** of fluid per day

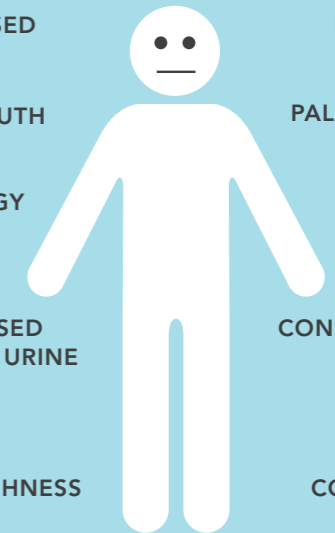
Source for all above data is the Natural Hydration Council

## CAUSES OF DEHYDRATION

- HIGH TEMPERATURE
- HEAT EXPOSURE
- TOO MUCH EXERCISE
- VOMITING
- DIARRHOEA
- DISEASE SUCH AS DIABETES
- COMPROMISED BOWEL FUNCTION e.g. Ostomists

## SIGNS TO LOOK FOR

- INCREASED THIRST
- DRY MOUTH
- LETHARGY
- DECREASED DARKER URINE OUTPUT
- SLUGGISHNESS
- DIZZINESS
- PALPITATIONS
- FAINTING
- CONSTIPATION
- CONFUSION



## HOW TO COMBAT DEHYDRATION

SUCK ON ICE CHIPS

LOLLIES MADE FROM JUICES AND SPORTS DRINKS

DRINKS CONTAINING CARBOHYDRATES/ELECTROLYTES

## GOOD SOURCES OF FLUID

SOUPS

WATERY FRUITS AND VEGETABLES

GRAPES

STRAWBERRIES

TOMATOES

WATERMELON

CUCUMBER

ZUCCHINI

## HOW TO MAKE AN ORAL REHYDRATION SOLUTION

1 LITRE WATER

6 LEVEL TEASPOONS SUGAR/GLUCOSE

1/2 LEVEL TEASPOON SALT

1/2 LEVEL TEASPOON SODIUM BICARBONATE

ADD FRUIT SQUASH TO TASTE, IF DESIRED

**SIP EVERY 5 MINUTES UNTIL URINATION BECOMES NORMAL**

If you are a diabetic, only use a rehydration solution from the pharmacist

Information from [www.naturalhydrationcouncil.org.uk](http://www.naturalhydrationcouncil.org.uk)  
All above data source is Jean Ross, Salts Community Stoma Care Nurse