

# Healthy Hydration

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Putting you first

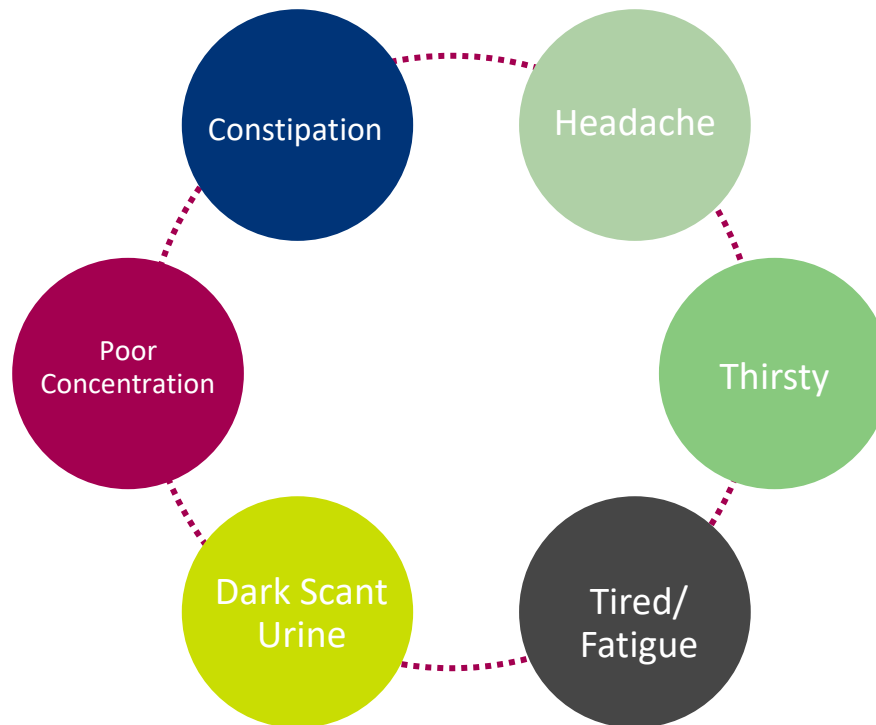
# 60-80%



Estimated % of UK Population  
who don't drink enough for good  
health?

<https://ebpcooh.org.uk/how-important-is-hydration-to-your-overall-health/> - (accessed 15.03.23)

# Common Dehydration Symptoms



Reference: [Dehydration - NHS \(www.nhs.uk\)](https://www.nhs.uk). (accessed 15.03.23)

# How does your body lose fluid?



**Up to  
2.5l  
Per day**

Reference: [www.ncbi.nlm.nih.gov/pmc/articles/PMC3105115/#:~:text=The%20major%20routes%20of%20water,through%20the%20skin%20%5B1%5D](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3105115/#:~:text=The%20major%20routes%20of%20water,through%20the%20skin%20%5B1%5D). (accessed 15.05.23)

# Increased fluid loss



During  
ACTIVITY you  
can lose up to  
**2 litres**  
per hour

Reference: [www.ncbi.nlm.nih.gov/pmc/articles/PMC3105115/#:~:text=The%20major%20routes%20of%20water,through%20the%20skin%20%5B1%5D](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3105115/#:~:text=The%20major%20routes%20of%20water,through%20the%20skin%20%5B1%5D). (accessed 15.05.23)

# For those with an Ileostomy



Normal Output  
**600-800ml**



High Output  
**In excess of  
1 litre**

The majority of  
people with an  
ileostomy show  
some signs of  
dehydration

Ng, D. H. L., Pither, C. A. R., Wootton, S. A. and Stroud, M. A. (2013), The 'not so short-bowel syndrome': potential health problems in patients with an ileostomy. Colorectal Disease 15: 1154–1161

Ref: Goodey A, Colman S. Safe Management of ileostomates with high-output stomas. British Journal of Nursing, 2016 (Stoma Supplement), Vol 25, No 22 (accessed on 15.03.23)



# Am I hydrated?

1 to 3: healthy pee

4 to 8: must hydrate



Reference: [www.rcn.org.uk/Professional-Development/publications/pub-006704](http://www.rcn.org.uk/Professional-Development/publications/pub-006704) (accessed on 15.03.23)

# What should you drink?



Varied fluid  
intake is  
important





Opposite  
ends of the  
spectrum



*Widely available*  
***electrolyte drinks***





50/50 juice and water

½ tsp salt

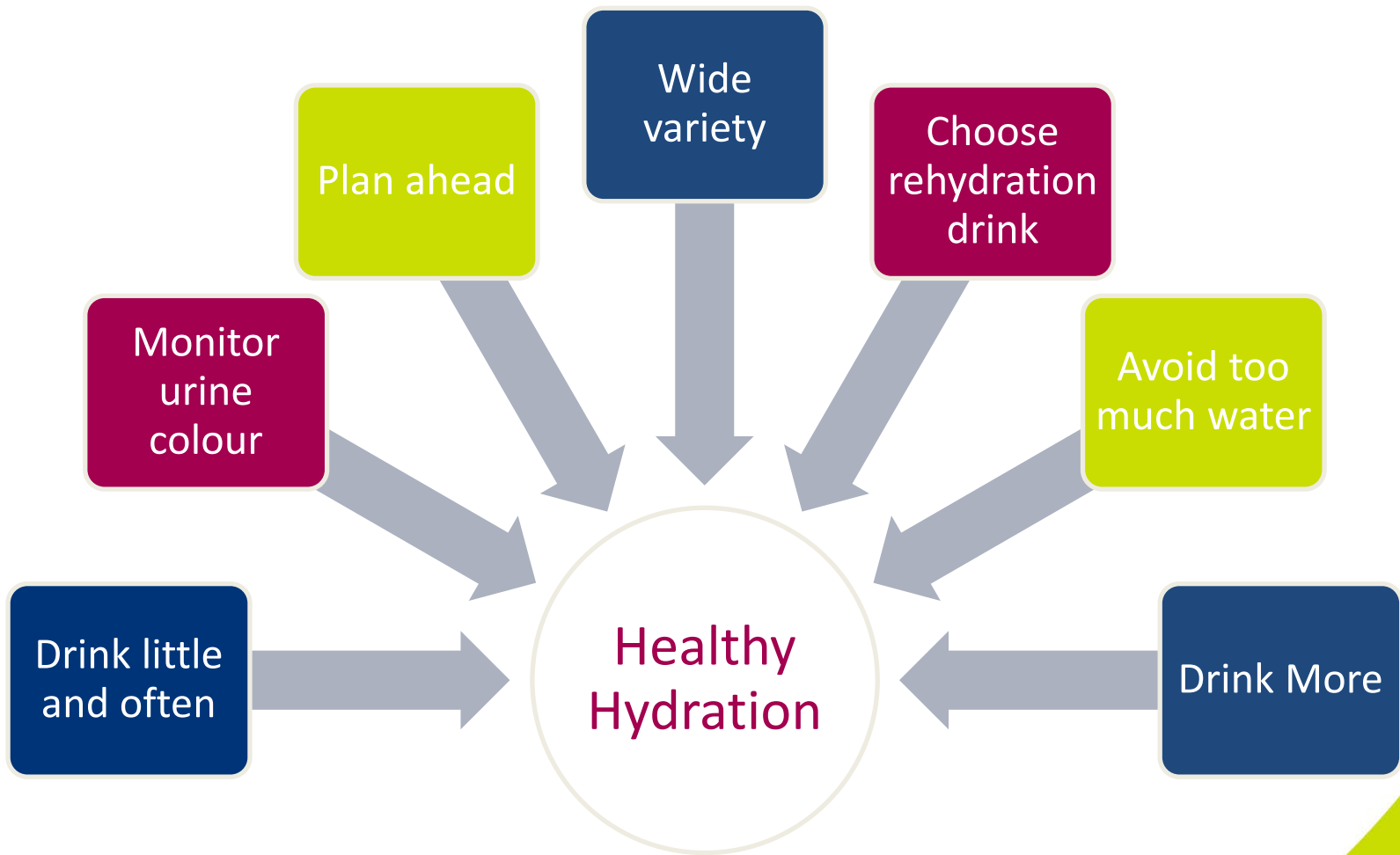
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Dilute squash with water

½ tsp salt



# COLOSTOMY

- The majority of people with a colostomy can eat and drink as normal.
- Hydration is not expected to be a problem unless you regularly have a loose output.
- It is possible to become constipated.
- Ensure you drink enough fluid during the day.
- Constipation is treated exactly the same with a colostomy as someone without a colostomy.



# UROSTOMY



Drink well to flush through mucous created by the bowel.

Use the hydration chart (see slide 7), check the urine in your bag to identify how hydrated you are.





## Rehydration Drinks!

- Oxford rehydration Solution
- St Marks rehydration solution
- Dioralyte
- Coconut water
- 50/50 on the go!

