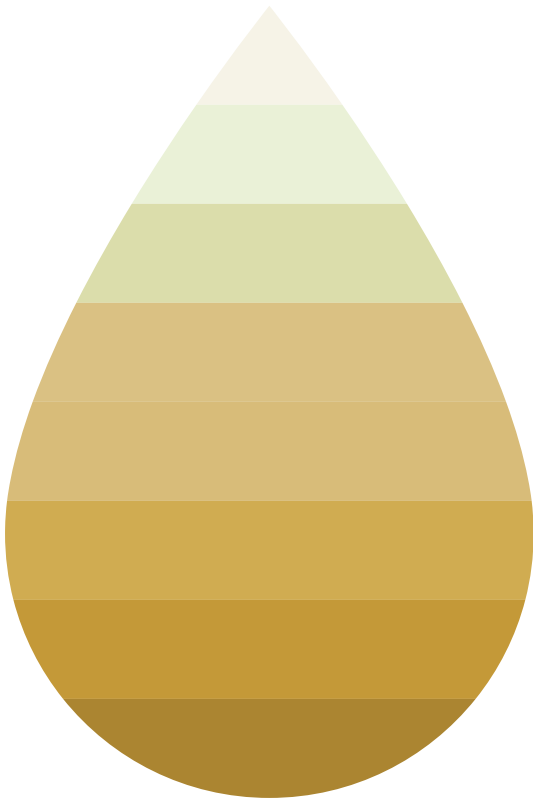


Lets Talk Hydration Levels

How hydrated is your patient?

Healthy pee is
1-3, 4-8 you
must hydrate!



1

2

3

Hydrated

If your patient's urine matches 1, 2 or 3, they are properly hydrated

4

5

6

Dehydrated

If the colour of your patient's urine matches 4, 5 or 6, they need to drink more.

Start a care plan to ensure regular drinks and ensure allocated member of staff helps the patient for the rest of the day.

7

8

Severley Dehydrated

If the colour of your patient's urine matches 7 or 8 - the patient needs to be rehydrated.

Urgent fluids needed, commence fluid chart, hourly fluids, observe for other signs of deterioration and contact the doctor if necessary.

Note: some foods, vitamins and some medication can change the colour of urine. Also be aware if your patient is on a fluid restriction for heart failure.

*Based on poster created by NHS Oxford CCG

