Effects of dehydration

1. Headache
2. Increasing confusion
3. Dizziness leading to falls
4. Poor oral health
5. Constipation
6. Kidney stones
7. Urinary Tract Infection (UTI)
8. Pressure ulcers

Spotting signs and symptoms of dehydration

- Drinking less
- Feeling thirsty
- Headaches
- Tiredness
- Dry mouth/lips/eyes
- Poor oral health
- Confusion
- Dark urine
- Small amount of urine
- UTI
- Constipation

How much should an adult drink?
- 6 to 8 mugs per day unless fluid is restricted