

Drinking Lots of Fluids

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Your guide to
Why it is Important

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DRINKING LOTS OF FLUIDS

WHY SHOULD I DRINK LOTS OF FLUIDS?

Q. HOW MUCH FLUID SHOULD I DRINK IN A DAY?

A. 6-8 cups is recommended for most people.

Q. WHAT KIND OF FLUIDS SHOULD I DRINK?

A. Any fluids that do **NOT** contain caffeine or alcohol. Water is always a good choice. Anything that is liquid at room temperature such as jello or ice cream also counts as fluids. People who have diabetes should choose sugar-free drinks.

Q. WHICH FLUIDS CONTAIN CAFFEINE?

A. Coffee, tea, colas and chocolate.

Q. WHY DO I NOT COUNT CAFFEINE AND ALCOHOL IN MY DAILY FLUID INTAKE?

A. Caffeine and alcohol are diuretics that remove almost as much water from your system as they bring in.



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Q. WHY DO I NEED TO DRINK 6-8 CUPS OF FLUIDS A DAY?

A. A good fluid intake is important for the following reasons:

- ◆ Prevents urinary tract infections and kidney stones
- ◆ Prevents constipation
- ◆ Prevents dry eyes, nose and mouth (moist mucous membranes are important for preventing infections)
- ◆ Prevents dry skin and skin breakdown
- ◆ Ensures a good circulating blood volume to make sure you have an adequate blood supply to your brain and other organs
- ◆ Prevents dehydration which can contribute to confusion
- ◆ Keeps all of the cells in your body healthy

