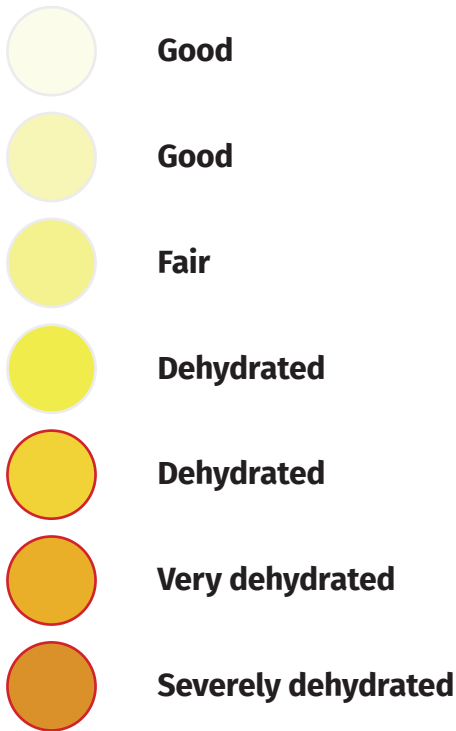


Preventing Urinary Tract Infections

Recognise dehydration

Urine colour chart



Signs of dehydration

Top-to-toe

-
- Headache
 - Dry mouth or lips
 - Feeling of thirst
 - Sunken eyes
 - Tiredness
 - Cold hands
 - Dark/smelly urine
 - Urinating less than 4 x a day



Prevent dehydration

Encourage residents to drink 1 – 2 litres of fluids every day (unless advised not to by GP)



Encourage regular bladder emptying and mobilise as much as able

Act quickly to resolve constipation and continence problems

Please speak to the aged care home manager if you have any questions.

Adapted from NHS Nottinghamshire County Council 'To Dip or Not to Dip' project and Dr Annie Joseph's work.

Version 1 (September 2021)



Australian Government
Aged Care Quality and Safety Commission



**Better use
of antibiotics**