

Yeovil District Hospital 19th Nov 2015 – Acute kidney injury (AKI) workshop – key messages

Feeling sluggish, tired
and thirsty? – It may
not be as bad as you

Whenever you are
feeling unwell, try to
drink your usual amount
(or more) every day –
it's good for your
kidneys

Get advice if you
have lower back pain
and think – have a
drink (of water)!



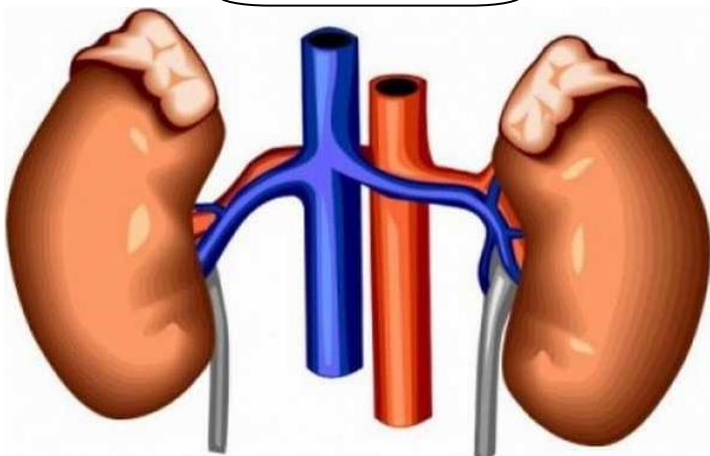
Think drink – have
a drink (of water)!

Care for
your kidneys

Look after me
and I will look
after you!



Soak your beans



ARE YOU DEHYDRATED? Check Your Urine

1, 2, 3 Well hydrated	1
	2
	3
4, 5 Hydrated but not well	4
	5
6, 7, 8 Dehydrated - You need to drink more	6
	7
	8

Dulux®
colour chart
– 'mellow
yellow'

Drink water,
especially if
your urine is
dark