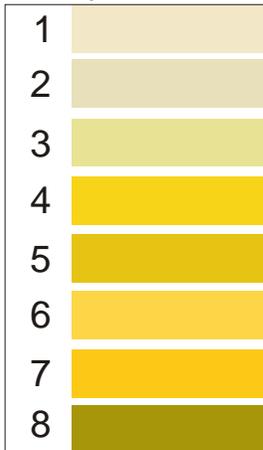


Are you drinking enough?

When you are drinking enough fluids your body is in balance and your urine will be a pale straw yellow colour. When you have not drunk enough fluids your kidneys try to save as much water as they can and cause your urine to be darker in colour (more concentrated).

Dark yellow urine is a sign that you are dehydrated and that you must drink more fluids to prevent dehydration. Your fluid intake goal is to make your urine no darker than the colour of # 3 on the chart. The darker colours (4-8) are signs of dehydration and may cause you to become ill.



Dehydration... happens when your body loses too much water. This occurs when you do not take in enough fluids or lose too much fluid from vomiting, diarrhea, fevers, or sweating a lot. These illnesses cause your body to “save” any fluids that it can find such as those from your blood or other body tissues.

By the time a person becomes *severely dehydrated* there is not enough fluid in the body to send blood to your organs and you may go into *shock* which is life-threatening. **Dehydration is very dangerous for you after having bariatric surgery and needs to be taken seriously and watched carefully.**

Early signs of dehydration:

- Increased thirst
- Dry, sticky mouth
- Reduced urine output
- Dark yellow urine (concentrated)

****Note: certain vitamins and drugs may make your urine change colour. Check with your healthcare provider or pharmacist for any questions/concerns**

Moderate signs of dehydration:

- Extreme thirst
- Dry appearance in mouth
- Eyes aren't tearing (dry eyes)
- Urine has decreased to half as many times in 24h (usually 3 or fewer times)
- Urine is very dark in colour (dark amber or brown)
- You feel dizzy or lightheaded & relieved when you lying down)

Severe dehydration is life-threatening and needs immediate attention and emergency care:

anxiety, confusion, tired, unable to stay awake. Dizziness not relieved by lying down, faintness, weak rapid heart rate, cold clammy (wet) skin, no urine, loss of consciousness.

You MUST drink 1.5-2 litres of water/fluids per day to prevent dehydration!!!