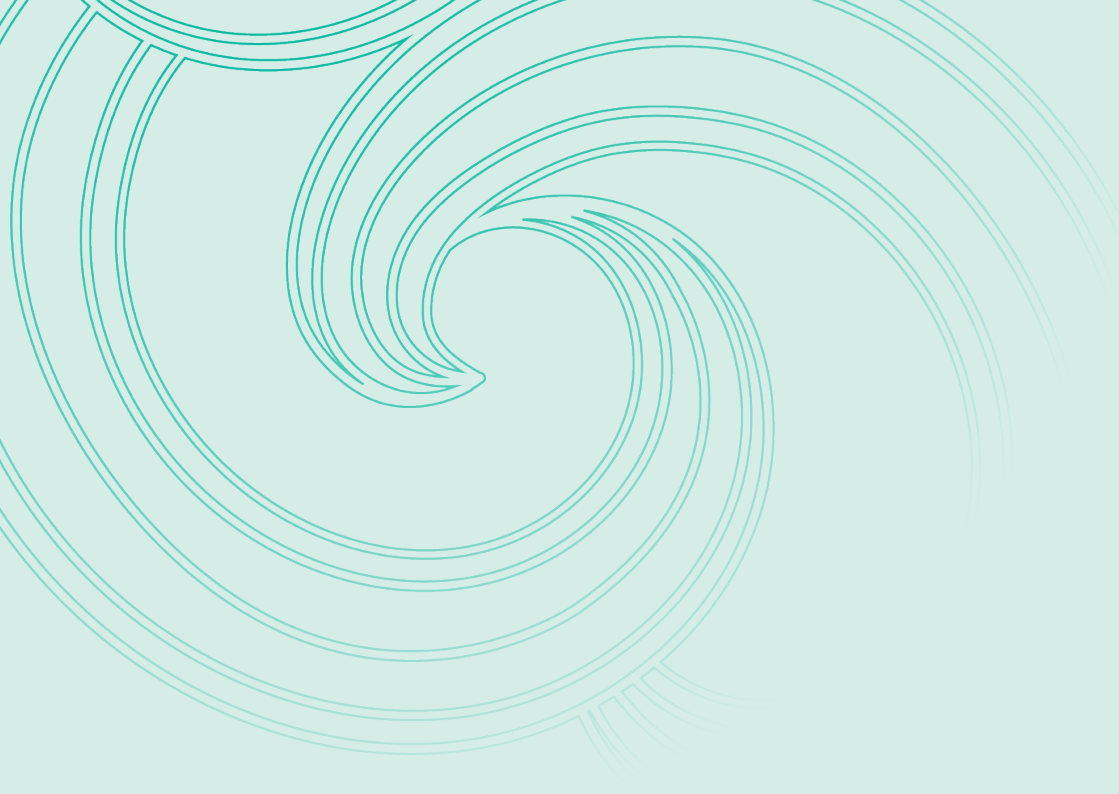


Water For Health

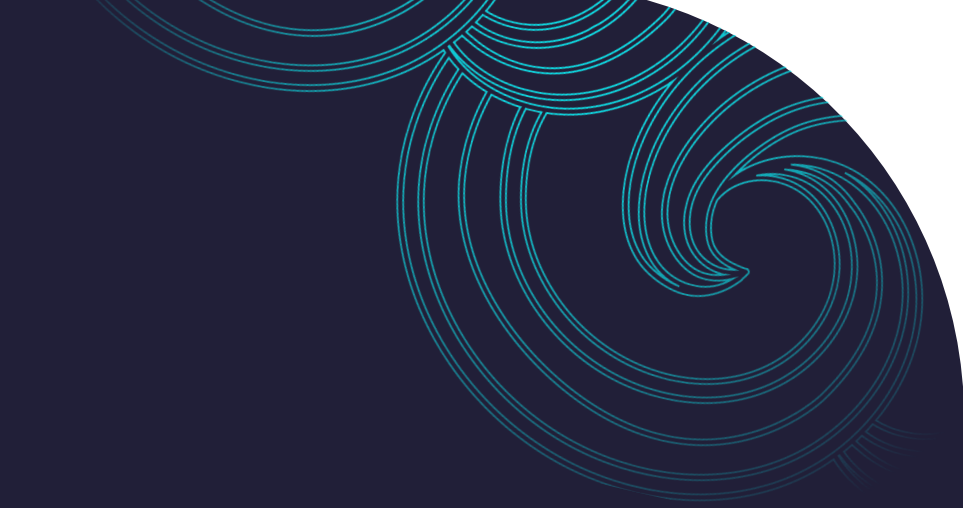




Why is drinking water important?

Your body needs water (or similar fluids) to stay healthy. A good way of telling if you are drinking enough water is to check the colour of your pee (urine). When you are drinking enough water your pee will be clear, or pale yellow in colour. Drinking enough fluids keeps your body energized, cool, and healthy.





How does getting enough fluid support my health?

1. **Keeps you hydrated:**

Water helps your body to stay cool, and stops you from feeling tired, thirsty, headachy, or dizzy.

2. **Supports your kidneys:**

Water keeps your blood from getting too thick. This helps your kidneys to filter your blood and flush out waste.

3. **Helps your body to work properly:**

Water helps you to digest food. Blood is made up of water, and carries nutrients from food to cells. Water combines with waste to help with bowel and bladder health and waste removal.

4. **Improves energy:**

Water supports blood supply and blood pressure which helps your brain to function, and your cells and muscles to work.

How much fluid do I need?

Most adults need to drink 2–3 litres (8–12 cups) of water, or fluids containing water, each day, unless your doctor tells you to drink less. Drinking much less or much more than this is not good for your body.

You may need extra fluid if:

- **You're active, or live in a hot climate.** If you're sweating a lot, you will need more fluids.
- **You have a fever,** or if you are throwing up or have diarrhoea, you risk becoming dehydrated. If you can't keep fluids down, seek urgent advice from your doctor, nurse or pharmacy.

Some health conditions affect how much water you should have:

- If you have **kidney stones**, drinking 3–4 litres of fluid each day helps to dilute your pee and prevent new kidney stones from forming.
- Some people with **heart failure**, or people on **dialysis**, may be advised to drink less fluids.
- Ask your doctor how much fluid is right for you.





Does fluid intake only mean water?

Plain water is great for hydrating your body, but other fluids such as tea, coffee, soda and juice all contain water, and are part of your daily fluid intake. However, it's important to remember that these other fluids may contain extra nutrients, sugars, chemicals and calories, as well as water.

Some foods such as yoghurt, jelly, porridge and soups also contain water. Some fruits and vegetables, such as watermelon, cucumber, celery and oranges, have a lot of water in them. While these foods contain water, it would be hard to eat enough of them every day to meet all your daily fluid needs.

Tips for maintaining a healthy fluid intake:

- 1. Choose water:**
Water is the best fluid for kidney health. Limit sugary drinks, sodas, and large amounts of caffeine and alcohol, as too much of these drinks aren't good for your health.
- 2. Drink regularly:**
Drink fluids regularly throughout the day, rather than drinking a lot at once.
- 3. Check urine colour:**
Clear or pale yellow pee is a good sign that you are drinking enough. Dark yellow or orange pee is a sign that you may be dehydrated.
- 4. Don't overdo it:**
Drinking more fluid than your body needs can upset the balance of salts and minerals in your body. Too much fluid can also make your kidneys and other organs work harder.
- 5. Drink more if you are active, or feeling hot:**
If you are physically active, or in a hot climate, you may need more fluids due to increased water loss through sweating and breathing. Remember to carry a water bottle.

Remember! If you're feeling thirsty or your pee is dark yellow, it's time to drink more water!

For more advice, please speak to your
doctor or nurse, or contact Kidney Health NZ
at kidney.health.nz

Kidney Health
New Zealand [Tākihi Hauora Aotearoa](https://kidney.health.nz)

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