



Ostomy Support from ConvaTec



# Staying Hydrated after Ostomy Surgery

Dear [enter name here],

While most of us know that drinking fluids is important for your health, it's even more vital when you have an ostomy. You lose extra fluid through your ostomy, so it's important to keep that water bottle close by and sip on it throughout the day...every day.



## Signs of Dehydration

- Headache
- Dry mouth and increased thirst
- Dark urine
- Tiredness and fatigue
- Poor concentration

**PLEASE NOTE:** The color of your urine is the most important indicator of your hydration status. The darker it is, the more fluid you need to drink.



## Tips for Healthy Hydration

- **Sip.** Take small sips throughout the day.
- **Replace.** Exercise depletes fluid; take a quick break to replace.
- **Water breaks.** Keep a water bottle at work, and keep sipping.
- **Be proactive.** Don't wait until you're thirsty.



**Learn more** about dehydration, including how much and what you should drink.

## Questions?

Talk to an ostomy nurse or a product specialist.

**Phone:** 1-800-422-8811 (Monday-Friday, 8:30am-7:00pm ET)  
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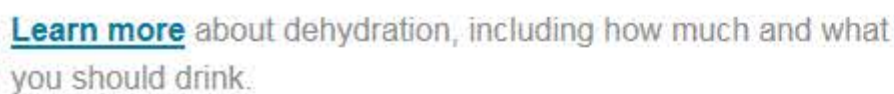


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