

Eat, drink, move

Information for patients, families and carers



We've written this leaflet to help you eat, drink and move as you recover. If you have any questions or concerns, please ask one of the staff on the ward.



Eat

Eating well in hospital is an important part of your recovery process.

Try to:

- eat something at each mealtime, even if your appetite is poor
- eat 'little and often', with snacks and milky drinks in between meals

If you are concerned about your diet or how you are eating, please speak to a member of staff.



Drink

Not drinking enough can increase your risk of developing a urine infection which may prolong your hospital stay.

Try to:

- have a drink every time you are offered one from the trolley as well as water from the water jug (unless we ask you to limit your fluid intake)
- avoid having too many caffeinated drinks as this may affect your sleeping pattern

Make sure that your drink is always in reach.

- Ask us to pass your drink if you can't reach it.
- Ask us to refill your water jug if you need more.



Move

It's best to get up and about as soon as you can. Not moving around may actually make your recovery time longer.

Staying in bed for a long time can lead to:

- higher risk of chest infection
- sore or broken skin
- weaker muscles
- loss of independence
- digestive problems, such as stomach ache or constipation
- loss of confidence and low mood

Every little bit of activity can help to keep you healthy.

We know moving around in a different environment can feel scary sometimes. If you are not sure what you are safe to do or would like some help, please ask a member of your healthcare team.

Try to:

- get up and dressed every day in your own clothes (dressed is best!)
- walk around the ward when it is safe to do so
- walk with your relatives when they visit
- complete gentle exercises throughout the day (we can show you how)

Ask your relatives to bring in your clothes, footwear and walking aids to help with this.

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