

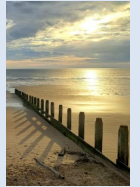
IPC Bulletin for GP Practice Staff

Issue No. 61 - July 2025



Produced by an NHS Community Infection Prevention and Control Team based in North Yorkshire for distribution to subscribers.

Summer has arrived - keeping hydrated can help prevent urinary tract infections (UTIs)



During the summer months there is often an increase in the number of UTIs in adults. Dehydration can increase the risk of developing a urinary tract infection. Keeping hydrated in the hot weather can be a challenge for some patients. Below are some suggestions aimed at encouraging patients who are prone to UTIs to increase their fluid intake.

Ways to increase hydration



The recommended fluid intake is at least 1,500 ml/6-8 mugs or glasses per day, per day, unless fluid restricted.

- For patients identified as 'at risk', discuss daily hydration targets and advise ways that this can be achieved. For example, having a full glass of water with their medication, a drink with each meal and additional drinks throughout the day.
- Encourage patients to choose different drinks to add variety.
- Discuss the benefits of having food high in fluid, such as jelly, ice cream, ice lolly, watermelon, smoothie or custard.
- Educate patients and their carers of the risks of dehydration and how to recognise signs such as dry skin, dry lips, dry mouth, headaches, new confusion or drowsiness.
- Don't forget about your own hydration - even mild dehydration can affect concentration.



Resources

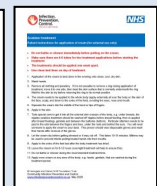
NHS England (May 2023) *Water, drinks and hydration* www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/water-drinks-nutrition/

Community IPC (July 2025) *Are you drinking enough Poster* www.infectionpreventioncontrol.co.uk/resources/are-you-drinking-enough-for-use-in-general-practice-poster-uti/



Other new/updated IPC resources

- [Scabies Factsheet: Information for service users, relatives and visitors](#)
- [Scabies treatment: Patient instructions for application of cream](#)
- [Notifiable diseases Policy for General Practice](#) (Updated)



Upcoming events

- IPC training event for General Practice and Dental Practice: 10th November, 2025. A booking form can be downloaded at www.infectionpreventioncontrol.co.uk/events/

Visit our website to find lots of IPC resources, many of which are free to download.

www.infectionpreventioncontrol.co.uk

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