

Did You Know?

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10 000 Night Drainage Bag Users
Consume **43,800,000 litres** of
water per Year.

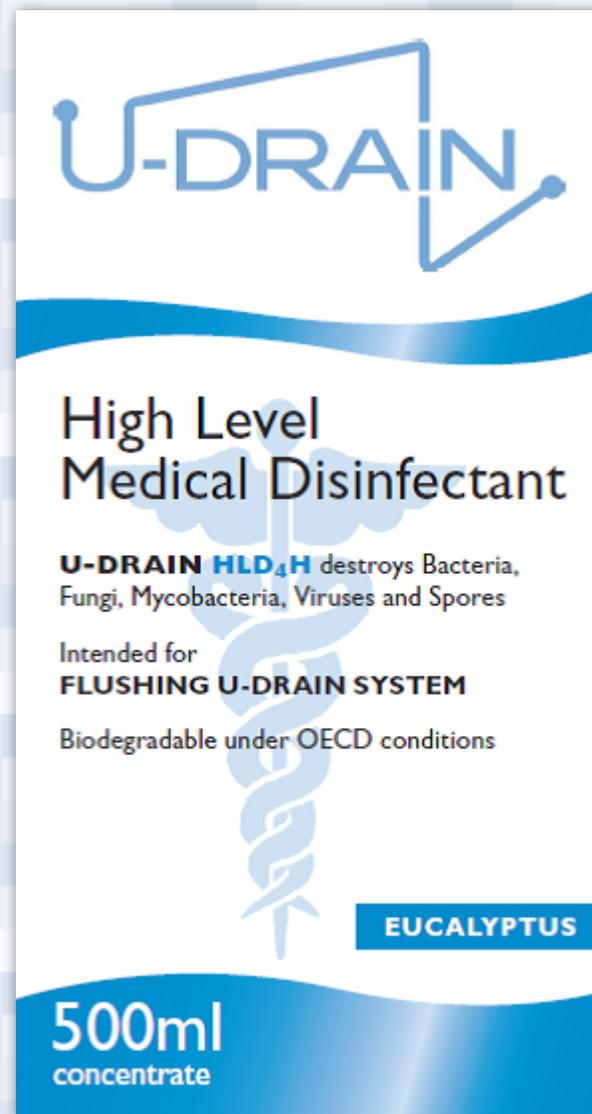
COMPARED to: **10,000 U-drain
Users** consume **365,000 litres** of
water per Year.

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Flushing & Cleaning the **u-drain
system takes around 1 minute**
Compared to around **5 minutes to
Clean Night Drainage Bags**. This
saves time for Carers too.

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It's important to take on board as
much water as possible at night
time as you are potentially starving
yourselves of fluid for 8 – 10 hours
as you sleep.



To Order Your U-Drain Disinfectant:

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Giving us back
OUR DIGNITY

- Urostomy Wearers
- Penile Sheath Wearers
- Paraplegic / Quadriplegic
- Leg Bag Wearers



Water, A Primary Need
Drink Plenty & Sleep Well

Importance Of Water

Hydration is one of very few primary needs for human beings. But what role does water play in our body?

A healthy sedentary adult living in a temperate climate should drink 1.5 litres of water per day. Water is a major constituent of our bodies and vital organs. It provides **five vital functions in our body:**



1. Cell Life: Water is a carrier, distributing essential nutrients to cells, such as minerals, vitamins and glucose.



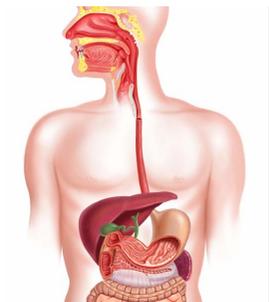
4. Body temperature: Regulation, Water has a large heat capacity which helps limit changes in body temperature in a warm or a cold environment.



2. Chemical and metabolic reactions: Water removes waste products including toxins that the organs' cells reject, and removes them through urines and faeces.



5. Elimination of water: Water is an effective lubricant around joints. It also acts as a shock absorber for eyes, brain, spinal cord and even for the foetus through amniotic fluid.



3. Transport of nutrients: Water participates in the biochemical break-down of what we eat.



Water is at the centre of life. This is why nobody can live more than 3 to 5 days without any water intake.

Points To Remember

To prevent urinary tract infection, be sure to drink the equivalent of at least eight to ten glasses of fluid throughout the day; it encourages frequent urination, which flushes bacteria from the body.

Using U-drain means there's no worries about overfilling & leaking Night Drainage Bags.

About 25-30 percent of UTI patients are women who drink less water. Inadequate amount of water and salt increase the risk of this disease, said "Sunil Prakash", head of nephrology at Artemis Health Institute, Gurgaon.