



Stay Hydrated While Using Weight Loss Injections

Why water is your best friend

If you're on weight loss injections, you've probably noticed a shift in your appetite and digestion. That's because these medications slow down how fast food moves through your system, making you feel full longer. However, they can also leave you a little more prone to dehydration.

How do you know if you're dehydrated?

Your body has ways of letting you know when it needs more water. Look out for:

- Feeling super thirsty or having a dry mouth
- Dark yellow pee or fewer bathroom trips
- Feeling dizzy, lightheaded, or just off
- Headaches or brain fog
- Constipation or slow digestion

How much water should you drink? Aim for at least 8 cups of water per day, but you may need more depending on your activity level, climate, and individual needs.

Easy ways to keep hydrated

1. **Sip, don't gulp** – Chugging a tonne of water at once won't help as much as sipping consistently throughout the day. Keep a refillable water bottle near you.
2. **Make it fun** – Not a fan of plain water? Add a splash of lemon, cucumber, or berries for a refreshing twist.
3. **Eat your water** – Snack on hydrating foods like watermelon, cucumbers, oranges, and soups.
4. **Limit the dehydrators** – Coffee, tea, and alcohol can sneakily dehydrate you. If you love your caffeine fix, just make sure to balance it out with extra water.
5. **Listen to your body** – Feeling sluggish or a bit off? That's your cue to drink up!

Drinking enough water can actually help you feel better on your weight loss journey. It supports digestion, keeps energy levels up, and can even help curb unnecessary cravings. Plus, staying hydrated helps your body process weight medications better.

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