

# Using a red tray and red beaker or mug in hospital

Information and advice for patients, relatives and carers

## *Nutrition and Dietetics*

### **What is the meaning of using a red tray in hospital?**

A red tray is used on the wards, in hospital to help staff identify which patients need extra attention when eating, or need foods that have a modified texture (such as mashed or pureed foods).

These patients will have their meals served on a red tray.

The aim of using a red tray is to monitor and help these patients when eating so their dietary needs are met.

#### **Patients who have a red tray will:**

- be given encouragement by nursing staff to eat at mealtimes
- be given help with eating if they need it
- be given plenty of time to eat
- be offered snacks throughout the day
- have what they eat recorded on a chart.

### **What is the meaning of the red beaker and red mug?**

A red beaker and mug are used on the wards, in hospital to help staff identify which patients need extra attention with drinking, or need drinks that have a modified consistency (for example thickened drinks).

These patients will have their cold drinks served in a red plastic beaker and their hot drinks served in a red mug.

The aim of using a red beaker and mug is to monitor and help these patients to make sure they do not become dehydrated.

#### **Patients who have a red beaker or mug will:**

- be given encouragement by nursing staff to drink throughout the day
- be given help with drinking if they need it
- be offered a variety of hot and cold drinks throughout the day
- have what they drink recorded on a chart.

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### Further information

If you have any questions about the red tray and red beaker or mug please ask a member of the ward staff.

For more information about our hospitals and services please see our websites [www.swbh.nhs.uk](http://www.swbh.nhs.uk) and [www.swbhengage.com](http://www.swbhengage.com), follow us on Twitter @SWBHnhs and like us on Facebook [www.facebook.com/SWBHnhs](http://www.facebook.com/SWBHnhs).

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5495 or email: [swb-tr.swbh-gm-patient-information@nhs.net](mailto:swb-tr.swbh-gm-patient-information@nhs.net)



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