Dehydration

What does it mean to be dehydrated?
• Dehydration means your body does not have as much water and fluids as it needs.

What causes dehydration during cancer treatment?
• Chemotherapy and radiation
• Treatment-related diarrhea, nausea and vomiting
• Short/long term pain can interfere with the wish to drink or eat
• Taste changes
• Medications

What are some signs and symptoms of dehydration?
• Dry or sticky mouth
• Dry, cracked lips
• Low or no urine output
• Dark yellow, strong smelling urine
• Sunken eyes
• Fatigue (feeling very tired)
• Constipation
• Confusion
• Dizziness

What are some ways to promote adequate hydration?
• **Drink 8 to 12 cups of liquids a day.**
  o Take a water bottle when leaving home
  o It is important to drink even if not thirsty
  o Try flavored water
  o Keep a pitcher of water on the counter as a reminder
• **Add food to your diet that contains fluid.**
  o Soup
  o Gelatins
  o Flavored ices
  o Flavored ice pops
• **Limit drinking caffeine-containing products.**
  o Sodas
  o Coffee
  o Tea (both hot and cold)
• **If you have a poor appetite, choose items which contain both liquid and nutrition.**
  - Smoothies
  - Ice Cream
  - Shakes/malts
  - Hot Cereal made with milk or water

• **Drink most liquids after and/or between meals to increase overall intake of liquids and solids.**