
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.**
 - Take a water bottle when leaving home
 - It is important to drink even if not thirsty
 - Try flavored water
 - Keep a pitcher of water on the counter as a reminder
- **Add food to your diet that contains fluid.**
 - Soup
 - Gelatins
 - Flavored ices
 - Flavored ice pops
- **Limit drinking caffeine-containing products.**
 - Sodas
 - Coffee
 - Tea (both hot and cold)

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- **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.**