

Managing Dehydration



Dehydration

The excessive loss of body fluids. Occurs when the output of fluids exceeds the intake. This can be caused by different side effects of chemotherapy or radiation therapy. It can include: vomiting, diarrhea, infections, fever, or poor oral intake – drinking less than 64 ounces of non-caffeinated beverages in a 24-hour period.

Signs of dehydration include:

- Being thirsty
- Thick/dry secretions
- Urinating less often than usual or dark-colored urine
- Dry skin
- Feeling tired
- Dizziness and fainting

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The best practice is to prevent it. Recognize early symptoms and take steps to rehydrate yourself. Controlling the side effect that is causing dehydration, diarrhea or vomiting, is key to preventing further dehydration. The best possible way for your body to get the fluids needed is to drink non-caffeinated beverages throughout the day. You need at least 64 ounces of fluids in 24 hours. Keeping a measured mug with you at all times will help to keep track of amounts of fluids taken in. Room temperature fluids are often easier to drink. Several changes in your diet may help in staying hydrated; Avoid foods that irritate the GI system, such as greasy, spicy, or fried foods, eating 6 small meals throughout the day, your diet should be limited to simple, easy-to-digest foods.

Reasons to call us

- Nausea is not controlled with prescribed medications or is interfering with your oral intake
- Vomiting
- Diarrhea is not controlled with Imodium (more than 4 stools in a day) or stools are watery in consistency
- Lightheaded or dizzy
- Unable to take in at least 64 ounces of fluid in a 24-hour period

Please use the attached Intake and Output chart to keep track of your fluids.

