

## Side Effects - Dehydration

It's important for your body to have plenty of fluids each day to work properly. Common cancer treatment side effects increase your risk for dehydration including appetite changes, diarrhea, nausea and vomiting. Managing these symptoms is key to preventing dehydration.

### Symptoms of dehydration

Mild to moderate symptoms	Severe symptoms If you experience any of these symptoms, call your doctor or seek immediate medical care.
<ul style="list-style-type: none"><li>• Dark colored urine with strong odor</li><li>• Dizziness</li><li>• Dry, cracked lips and skin</li><li>• Hard bowel movements, constipation</li><li>• Mild headache</li><li>• Skin flushing</li><li>• Thirst and dry mouth</li></ul>	<ul style="list-style-type: none"><li>• Confusion</li><li>• Fast heart rate</li><li>• Muscle cramps</li><li>• Painful urination with very low urine amounts</li><li>• Severe headaches</li></ul>

### Prevent dehydration

Goal: Drink 8-eight ounce servings or more of fluid per day.

Fluids to drink	Fluids to avoid
<ul style="list-style-type: none"><li>• Water</li><li>• Sports drinks (Gatorade or Pedialyte)</li><li>• Clear broth</li><li>• Weak decaffeinated teas</li><li>• Clear juices</li><li>• Gelatin</li></ul>	<ul style="list-style-type: none"><li>• Alcoholic drinks</li><li>• Caffeinated drinks (tea, soda and coffee)</li><li>• Carbonated drinks</li></ul>

### Easy ways to get more water (fluids) during the day:

- Drink a glass of water when you get up in the morning
- Carry a container of water with you and take sips throughout the day
- To flavor your water, add a packet of sugarless flavoring or put a slice of lemon or lime in plain or sparkling water
- Take sips from a glass of water, milk or juice between bites during meals
- Have a cup of soup as an afternoon snack
- Drink a full glass of water if you need to take a pill
- Have a glass of water before you exercise or go outside to garden or walk
- If you have a urinary control problem, talk with your doctor about treatment