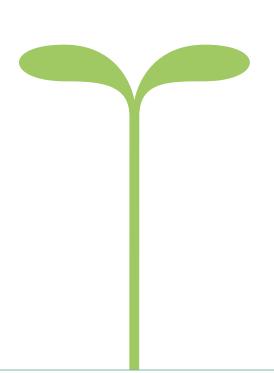# Dehydration

There are many reasons you may become dehydrated. A sore mouth or throat, nausea, or a poor appetite may keep you from drinking enough fluids. Vomiting, diarrhea, fever, and excessive sweating can all cause increased fluid losses. You may also become dehydrated if you have an ileostomy or you urinate more than usual because of uncontrolled diabetes or because of using diuretics (water pills). Dehydration can be serious and may need immediate medical attention.

Signs and Symptoms of Dehydration

- A heart rate that is faster than usual
- Confusion or having trouble thinking
- Dizziness or light-headedness when standing up
- Thirst and dry mouth
- Dark-colored urine
- Headache
- Having frequent, small amounts of urine

You can be dehydrated before you notice any symptoms.

Tips to Prevent Dehydration

- Drink small amounts of fluids as often as you can. You should try to drink a total of about 8 to 10 cups of liquids a day. (You may need more if you have diarrhea or have recently vomited.)
- Use different cues to remind you to drink, such as setting a timer. Ask family and friends to encourage or remind you to drink more fluids.
- Keep a water bottle with you during the day and sip frequently.
- Keep water beside your bed at night.
- Sip on liquids with meals.
- In addition to water, try flavored waters, tea, milks, sports drinks, fruit juices, soft drinks, and other beverages.
- Eat foods that have a lot of fluids, like fresh fruits, bouillon, broth-based soups, gelatin, fruit ices, popsicles, ice cream, sorbet, sherbet, milkshakes, frozen yogurt, and high-calorie, high-protein nutritional drinks.
- Avoid alcoholic drinks.

eat right. Academy of Nutrition and Dietetics