



CONSULTANTS IN MEDICAL ONCOLOGY AND HEMATOLOGY, PC

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DEHYDRATION MANAGEMENT

SYMPTOMS:

Dry, sticky mouth or increased thirst
Concentrated dark urine or minimal urinating.
Lightheadedness or dizziness when standing
Muscle weakness
Shriveled skin
Low blood pressure or rapid heart rate

CALL IMMEDIATELY with nausea, vomiting, abdominal pain

NEED TO INCREASE SODIUM (SALT) INTAKE.

- ✓ Eat soups, broths, crackers, pretzels.
- ✓ Add salt to foods.
- ✓ Drink at least 6 to 8 glasses (8 ounces each) of clear liquid daily if able:
- ✓ Gatorade, broth, Jello, fruit juices, water ices, soda, ginger ale, 7-UP.

Eat 6 small frequent meals per day and drink fluids with meals.

Keep fluids with you and SIP continuously throughout the day.

Suck on mints or hard candy (may make you thirsty so you will drink more fluids).

Medication:

Intravenous fluids (IV) may be necessary.

Discuss medications:

- ✓ May need to stop taking “water pills” (diuretics) until dehydration resolves.
- ✓ May need to alter blood pressure medications until dehydration resolves.

WHEN TO CALL:

Please call if you are concerned - on any day -at any time- about any issue!

Please call EARLY if you are not well, so that office visit and IV fluids may be scheduled if needed.

Lightheadedness, dizziness, or weakness.

Temperature above 100.4

Nausea and vomiting.

Persistent diarrhea

Inability to eat or drink.