



# DEHYDRATION

Client Name \_\_\_\_\_

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## What is dehydration?

Dehydration can occur when the body does not have enough water. It results from not taking in enough fluid or losing too much fluid through diarrhea, vomiting, extreme heat, or excessive sweating. Severe dehydration is a serious condition that often requires hospitalization.

## Signs of Dehydration

The following symptoms are early signs of dehydration:

- Thirst or dry mouth (often the first sign)
- Abnormal weakness or light-headedness that worsens with standing
- Little or no urine; dark-colored urine
- Sunken, tearless eyes

Signs of more serious dehydration include the following:

- Rapid, weak pulse
- Fast, deep breathing
- Fever and convulsions

## Preventing Dehydration

The following steps can help prevent dehydration. The most obvious sign that you are fully hydrated is large amounts of clear, colorless urine.

- Take at least \_\_\_\_\_ ounces of fluid each day.
- Drink more fluid in extreme heat or during strenuous activities.
- Drink more fluid when you have a fever or diarrhea.
- Pay more attention to the amount of fluid you take as you get older. Thirst decreases with aging, so older people cannot rely on it to tell when their bodies need water.

## What if I become dehydrated?

If you experience early signs of dehydration, take the following steps:

- Drink large amounts of fluid at a moderate rate.
- Consume fluid often throughout the day.
- Avoid fluids that contain caffeine or alcohol.

Go to a doctor or hospital if you experience any of the following:

- Nausea, swallowing difficulty, or abdominal discomfort keep you from taking enough fluids.
- Your urine output does not increase after you take fluids.
- You have severe diarrhea or vomiting.
- Convulsions or loss of consciousness occur.

Drinking adequate water is the best prevention for dehydration.

Other good fluid choices include the following:

flavored water, juice, fruit drinks, clear soups, broth,  
non-caffeinated sports drinks, popsicles, fruit ices, and gelatin.