

Dehydration

Can be caused by not eating or drinking enough, nausea, vomiting, diarrhea or even certain medicines such as diuretics can cause this.

1. Be sure to always try to keep drinking decaffeinated fluids throughout the day.
2. Eat frequent small meals.
3. Moisturize your skin several times a day.
4. If you are taking diuretics for other medical reasons, check with your primary physician if this can be stopped or lowered in dose, especially if your fluid intake is restricted.
5. Dialysis patients must contact your nephrologist as far as fluid intake is concerned.
6. If you are having diarrhea, refer to the diarrhea link.
7. If the cause of your inability to drink fluids is due to nausea or vomiting, refer to the nausea/vomiting link.
8. Hydration is also anything made with water-jello, ice pops, broth, sherbert.