

Tips for Managing Trouble Drinking Fluids



Things you can do on your own

Trying alternative ways to get fluids.

- Drink a glass of water when you wake up in the morning AND right before bed at night.
- Try eating popsicles or ice chips, or sucking on hard candies like Lifesavers.
- Take frequent, small sips of liquid throughout the day.
- Try to eat foods that have a lot of fluid, like soup, melons, pudding, or Jell-O.



With the help of your care team

Ask your care team about prescription medicines to help you keep fluids down.

- Take medications you have been prescribed for nausea and vomiting.
- Your care team may give you some intravenous fluids.



When to call your care team for help

- If you have not been able to drink anything at all for 12 or more hours
- If you are having other symptoms that make it difficult to drink, like nausea or throwing up
- If you experience dizziness, fainting, or a fast heart rate
- If you have not peed for 12 or more hours
- If you are having signs of fluid loss, including:
 - Feeling weak, dizzy, or like you may pass out
 - Having dark or very little urine
 - Having a dry mouth and/or being thirsty
- If you are having trouble eating food
- If you have severe pain when swallowing, or if you have a feeling that what you swallow is “stuck”



For more information and support, visit the American Cancer Society website at [cancer.org/fluids-dehydration](https://www.cancer.org/fluids-dehydration) or call us at **1-800-227-2345**. We're here when you need us.