

# Signs of Dehydration

Dietitian: \_\_\_\_\_

Phone: \_\_\_\_\_

# Signs of Dehydration

Dehydration means that your body does not have enough fluid. This can be caused by:

- › not drinking enough fluid
- › vomiting (throwing up)
- › diarrhea (loose, watery poop)
- › severe (very bad) sweating
- › fever
- › high blood sugar

## Signs of mild to moderate dehydration:

- › thirst
- › headache
- › peeing less
- › dark urine (pee)
- › strong smelling urine
- › dry, sticky mouth
- › cracked lips
- › feeling agitated and restless
- › feeling dizzy and lightheaded
- › tiredness
- › muscle weakness

**My total daily fluid goal is:**

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## Tips for staying hydrated

- How much fluid you need depends on your age, activity, medications, and health condition.
- You may need to drink more fluids when you are more active, when you have a fever, or during hot weather.
- Checking the colour of your urine is the best way to check for dehydration. Your urine should be clear and pale yellow.
- Drink fluids regularly during the day. If you drink a lot at once, your kidneys will flush the extra fluid away.
- Water is the best drink for getting enough fluid. Other fluids include:
  - › all hot and cold beverages
  - › frozen desserts like Popsicles®, ice cream, or sorbet
  - › ice cubes
  - › soups, consommé, broth
  - › very juicy fruit like watermelon, very ripe melons, berries, ripe peaches, frozen fruit
- Alcoholic drinks cause you to urinate more fluid than you drink. **Do not** drink alcohol when you are trying to reach your daily fluid goal.
- Drinking too many drinks with caffeine can prevent you from meeting your daily fluid goal. **Do not** drink more coffee, tea, or cola than usual.
- **Do not** drink energy drinks.

## **Go to the nearest Emergency Department right away if you have:**

- › Extreme thirst
- › You have not urinated (peed) for 8 to 12 hours
- › Moderate diarrhea for 5 or more days
- › Severe (very bad) diarrhea for 2 or more days
- › Vomiting for more than 12 to 24 hours
- › Confusion
- › More drowsy (sleepy)
- › Seizure
- › High blood sugar that is not controlled

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

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