

# 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

See the Other Resources page for more information

## With the help of your care team



Your care team might suggest a prescription medication to help you keep fluids down

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

## 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 vomiting
- 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 dehydration, including:
  - Feeling weak, dizzy, or lightheaded
  - 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”

## Additional information on Trouble Drinking Fluids



- [Click here](#) for tips on managing dehydration
- [Click here](#) for tip for managing dry mouth

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