

Hydration Tips

Nourish Spotlight

NAUSEA

Drinking enough fluids during cancer treatment will help flush out unwanted byproducts and reduce many side effects including nausea and dehydration. **BOX 1**

Box 1: Signs of Dehydration

MILD

Fatigue
Weakness
Dizziness
Constipation

MODERATE

Dark yellow urine
Decrease in urination
Dry skin and lips
Headaches

SEVERE*

Nausea and vomiting
Extreme thirst
Unable to sweat
Confusion
Rapid heartbeat
Low blood pressure

* Make sure you go see your doctor if you have severe signs of dehydration, or have been vomiting for more than 24 hours.

HOW TO STAY HYDRATED

- ✓ Aim for at least 6-8 cups (1.5-2L) of fluids per day.
- ✓ Water is the drink of choice when you are feeling well and eating enough.
- ✓ Don't like the taste of plain water? Try infused water! **BOX 2**
- ✓ Having a hard time drinking enough? Have a reusable water bottle nearby as a reminder.
- ✓ Water is not the only option; keep reading to find out different tips on staying well hydrated, especially when dealing with nausea.

Box 2: Infused Water

How to add flavour to plain water

Fill a jug with water in the morning and add the flavours you enjoy:

Orange and
lemon slices

Watermelon pieces
and ginger root

Cucumber slices

Pieces of pineapple
and blueberries

Strawberry slices
and mint leaves

Lemon slices with
sprig of thyme

Lime and pieces
of ginger root

Frozen berries



FEELING NAUSEATED?

- Take small sips often throughout the day.
- Try room temperature fluids versus hot or cold.
- Avoid coffee and alcohol as they can irritate the stomach and increase urination.
- When you feel very nauseous and have trouble keeping food down, try clear fluids such as watered-down juice or broth. **BOX 3**
- Talk to your doctor or dietitian if you are unable to tolerate anything but clear fluids for a few days.

Recipe links

- 🔗 [Raspberry Ice Pops](#)
- 🔗 [Lemon Ginger Granita](#)
- 🔗 [Ginger Hibiscus Tea](#)

ENDORSED BY

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DISCLAIMER

The information in this publication is not intended as medical advice nor should it replace advice, expertise and information given by a member of your healthcare team.

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Box 3: Sample Meal Plan for Severe Nausea

BREAKFAST

- Jell-O™
- Diluted fruit juice
- [Ginger tea](#)

AM SNACK

- Electrolyte drink
- Fruit pop or popsicle

LUNCH

- Soup or broth
- Flat carbonated beverage

PM SNACK

- Jell-O™
- Peppermint tea

DINNER

- Soup or broth
- Flat ginger ale
- Diluted fruit juice
- Fruit pop or popsicle

LATE SNACK

- Fruit drink or electrolyte drink
- Jell-O™

Get more nutrients by adding protein powder such as skim milk powder to clear fluids.

WHAT TO DO WHEN VOMITING STRIKES

- Choose drinks that will replenish your electrolytes such as sport drinks, commercial rehydration solutions or make your own. **BOX 4**
- Make electrolyte popsicles by pouring a rehydration drink into freezer molds.
- Make electrolyte jello by replacing water with a hydration drink when mixing it.



Box 4: Homemade Electrolyte Drink

Mix 360ml orange juice
(no pulp)
+ 600ml water
+ ½ teaspoon salt

Drink 60ml (¼ cup)
every two hours
until diarrhea and/or
vomiting stops

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