

Dehydration

Questions from the healthcare provider

Changes in fluid intake

- Has there been a change in the amount of fluid including water, juice, Popsicles, or ice chips that the person is consuming?
- If so, when did that change happen?
- Is less fluid being taken in, or is there increased thirst and drinking?

If there have been difficulties drinking fluids, what are they related to?

- Too weak to drink or suck from a straw?
- Too sleepy to drink safely?
- Can't seem to swallow well? Just holds fluid in the mouth, or chokes and coughs when trying to swallow?
- Tries to swallow, but everything seems to get stuck on the way down?
- Is there nausea and/or vomiting?

Has the urine changed?

- Less urine or more urine?
- Has the colour changed (darker and more concentrated, or lighter)?

How have the bowels been functioning?

- Is there diarrhea? Constipation?
- Has there been any output at all – stool or gas?

Is there bloating?

- Is there any pain or discomfort in the stomach?

What medications are being taken?

- Diuretics, also known as water pills?
- Laxatives?
- Steroids such as dexamethasone or prednisone, which may result in increased urination and water loss?
- Opioids?

What are the effects of the person drinking less fluid?

- Have there been any disagreements between the person and family members about fluid intake?
- Are there feelings of depression, sadness, or frustration because of the amount of fluids being taken in?