

Preventing Dehydration for People with Urinary Diversion

What is dehydration?

Dehydration happens when your body loses too much fluid. This might happen when you do not drink enough water or you lose large amounts of fluids from your body because of diarrhea, vomiting, or sweating. Severe dehydration can be life-threatening. But, even moderate dehydration can be serious and might lead to another hospital stay.

Water and minerals called electrolytes help put your body fluids back in balance. Learn the early signs of fluid loss, and drink more fluids to prevent dehydration.

What are the signs and symptoms of dehydration?

- A dry, sticky mouth.
- Dark yellow or amber-colored urine
- Less than 500mls of urine in 12 hours
- Feeling very tired.
- Dizziness or feeling light headed or nausea

If you experience signs of dehydration, you need to drink more fluid and call the clinic.

How do I prevent dehydration?

To prevent dehydration, drink plenty of fluids, enough so that your urine is light yellow or almost clear like water. Choose water and other caffeine-free clear liquids until you feel better. Stay away from drinks with alcohol or caffeine.

If you do not feel like eating or drinking, try taking small sips of water, sports drinks, or Gatorade. Your body has been through a shock, and may need some

time for the feelings of hunger and thirst to return. It is important to take in food and drink, so try to coax yourself. Also, get plenty of rest.

If you have kidney, heart, or liver disease and have to limit fluids, talk with your doctor before you increase the amount of fluids you drink.

After discharge from your operation, it is a good idea to record your liquid intake and urine output each day until the first post-operative appointment.

Urine output

You will receive **at least two** measuring devices at discharge:

- For males: urinal **and** two graduated triangular containers.
- For females: two white “hats” for urine **and** two graduated triangular containers.
- If you do not receive these items, please ask for them! You can use a household measuring cup as well.

Urine should be pale yellow (if it is more amber or dark in color, you need to drink more).

You should have about 4 cups (approximately 1000ml) urine output every 24 hours.

Liquid intake

Record all liquids in “cc” or “ml”, which are the same volume/amount.

- Drink at least 2000 ml or 64 ounces of fluid daily. Best choices are:
 - Water
 - Gatorade or sport drinks
 - Juices
 - Tea - non-caffeine drinks only
 - Protein drinks such as: Boost[®], Ensure[®] or Carnation[®] instant shakes

- Ounces can easily be converted to cc or ml by multiplying by 30 (1 ounce= 30cc or 30ml).

Remember to read the “cc” or “ml” on a liquid container label to help you.

Follow-up care is important for your health and safety!

Be sure to keep all appointments. Call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

When should I call for help?

Call your doctor now or seek immediate medical care if you have any of the following:

- You are confused and cannot think clearly.
- You are dizzy or lightheaded, or you feel like you may faint.
- You have signs of needing more fluids. You have sunken eyes and a dry mouth, and you pass only a little dark urine.
- You cannot keep fluids down.
- You are not making tears.
- Your skin is very dry and sags slowly back into place after you pinch it.
- Your mouth and eyes are very dry.

Who do I call?

If you have any of the signs or symptoms listed above, and for any questions or concerns please contact the University of Michigan, Department of Urology at 734-936-7030 during business hours (8:00 am - 5:00 pm). After business hours and on weekends, please call 734-936-6267 and ask to speak with the Urology Resident on call. If you need to see a doctor right away, please go to the nearest Emergency Room (ER). Ask the ER doctor to contact the University of Michigan urology resident on call for assistance

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