Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

# Staying Hydrated After Moderate to High-Dose Cisplatin

This resource will help you hydrate yourself after getting high-dose cisplatin chemotherapy (chemo).

Cisplatin can affect your kidneys. To keep your kidneys from getting damaged, you'll need to drink plenty of liquids after getting cisplatin chemotherapy. **Drinking enough liquids is especially important for the first 2 days after your chemotherapy.**

## How much to drink

### The day of your chemotherapy

Starting right after your get your chemotherapy treatment, drink at least 4 (8-ounce) glasses of liquids before 8 a.m. the next day.

### The day after your chemotherapy

Drink 8 to 12 (8-ounce) glasses of liquids every day for 1 week after your treatment.

Take your anti-nausea medicine as instructed by your doctor.

**Remember, it's very important to drink enough liquids for the first 2 days after getting cisplatin chemotherapy.**

## What to drink

- Drink any type of caffeine-free liquids, such as:
  - Water
  - Milk
  - Juices
  - Gatorade®
  - Propel®
  - Soft drinks (soda) without caffeine, such as lemon-lime soda, ginger ale, or caffeine-free cola.
- Avoid drinks with caffeine or alcohol. You may have 1 cup (8 ounces) of caffeinated coffee or tea per day.
- Add water to sweet drinks, such as juice (for example, half water and half juice). This will lower the amount of sugar you drink. Having too much sugar can cause diarrhea (loose or watery bowel movements).
- If you have diabetes or high blood sugar, choose drinks with no sugar.

# Keep track of what you drink

On the day of your chemotherapy appointment, write down the date and time you had something to drink. Also write down the number of ounces that you drank. Follow the same steps for the day after your chemotherapy appointment. This will help you make sure you're reaching your goal.

Use the table below to keep track of how much you drink. Use this as a guide for the first 2 days after your treatment, but it's important to stay hydrated every day.

| The day of your appointment | | The day after your appointment | |
|---|---|---|---|
| Date and time | Number of ounces | Date and time | Number of ounces |
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## Call your doctor or nurse if you:

- Have any signs of kidney problems, such as:
  - Being unable to urinate (pee).
  - Urinating less than you normally do.
  - Blood in your urine.
  - Sudden weight gain.

- Have any signs that you're retaining (holding onto) fluids, such as swelling in your legs or feet, or shortness of breath.
- Have nausea (feel like you are going to throw up), vomiting (throwing up), or diarrhea (loose, watery stools).
- Feel dizzy.
- Are unable to eat or drink for more than 24 hours after getting high-dose cisplatin.
- Have a fever of 100.4° F (38° C) or higher.
- Have heartburn (burning pain in your chest).
- Have any other questions or concerns.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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