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PATIENT & CAREGIVER EDUCATION

# Staying Hydrated Before Moderate to High-Dose Cisplatin

This resource will help you hydrate yourself to get ready for your cisplatin chemotherapy (chemo).

Cisplatin can affect your kidneys. Drink plenty of liquids before you get cisplatin chemotherapy. This will help keep your kidneys from getting damaged.

If you don't drink enough liquids before your chemotherapy appointment, you may not be able to get chemotherapy.

## How much to drink

### The day before your chemotherapy

Drink more liquids than you normally would. Start in the morning and drink at least 10 (8-ounce) glasses of liquids throughout the day.

### The day of your chemotherapy

Keep drinking liquids before your chemotherapy appointment. While you're getting chemotherapy, you'll also get hydration fluid intravenously (IV, through a vein). This is to protect your kidney function.

# 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 problems with your blood sugar, choose drinks with no sugar.

## Keep track of what you drink

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

**Bring your log with you to your appointment.**



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](http://www.mskcc.org/pe) to search our virtual library.

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