Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Urgent Care Center and Symptom Care Clinic Nursing Discharge Instructions: Dehydration

This information explains nursing discharge instructions for dehydration from the Urgent Care Center (UCC) or the Symptom Care Clinic (SCC)

Dehydration

Dehydration (not having enough liquids in your body) may lower your blood pressure. Drink at least 6 to 8 (8-ounce) glasses of water or other liquids each day to stay hydrated. If you are nauseous (feel like throwing up), drink small amounts of liquid often. Increase the amount you drink as tolerated.

Change positions slowly to avoid dizziness when you stand.

Call your MSK healthcare team or go to the nearest emergency room if you have new or worsening dizziness or trouble drinking liquids. Your care team may direct you to your regional Symptom Care Clinic (SCC) or the Urgent Care Center (UCC).

Follow up with your MSK healthcare team after discharge.

You can search for information on this topic and many others in MSK's Patient and Caregiver Education library at www.mskcc.org/pe

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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