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Dehydration and Lack of Fluids

Your body needs fluid (water) to work as it should. When you don't have enough, it is called **dehydration** and it can cause several unpleasant, or even dangerous, symptoms. Having the right amount of fluid for your body to work correctly is called **being hydrated**.

- [What causes dehydration?](#)
- [What are the symptoms of dehydration?](#)
- [Treating dehydration](#)
- [Tips for managing dehydration](#)
- [Talk to your cancer care team if you](#)
- [Call 911 or go to the emergency room if the person who is dehydrated:](#)

What causes dehydration?

You can become dehydrated because you don't eat or drink enough or because you are losing too much fluid. People with cancer also can become dehydrated for many reasons such as:

- [Nausea and vomiting](#)¹
- [Diarrhea](#)²
- [Fever](#)³ with or without an infection
- [Bleeding](#)⁴
- Procedures and surgeries can cause fluid loss
- [Trouble swallowing](#)⁵

Some people with cancer may be more likely to become dehydrated for other reasons:

Hyperlinks

1. www.cancer.org/cancer/managing-cancer/side-effects/eating-problems/nausea-and-vomiting.html
 2. www.cancer.org/cancer/managing-cancer/side-effects/stool-or-urine-changes/diarrhea.html
 3. www.cancer.org/cancer/managing-cancer/side-effects/infections/fever.html
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Taylor K, Jones EB. Adult Dehydration. [Updated 2022 Oct 3]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan-. Accessed at <https://www.ncbi.nlm.nih.gov/books/NBK555956/> on April 3, 2024.

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Our team is made up of doctors and oncology certified nurses with deep knowledge of cancer care as well as editors and translators with extensive experience in medical