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Temporarily avoid milk products and foods that contain wheat flour (bread, macaroni, pizza), since your digestive tract may be unusually sensitive to them for a few days. Also temporarily avoid high-fiber foods, such as fruits, corn and bran. Use over-the-counter antidiarrhea medicines cautiously. Rest in bed.

Dehydration - Symptoms and causes - Mayo Clinic

Other symptoms of dehydration include thirstiness, tiredness, and dark urine. To help with dehydration, drink plenty of water or diluted fruit juice. Limit coffee, tea, and soda.

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Men should drink about 3 liters (13 eight-ounce cups) of liquid each day. Women should drink about 2 liters (9 eight-ounce cups) of liquid each day. Drink even more liquid if you will be outdoors, in the sun for a long time, or exercising. Stay cool. Limit the time you spend outdoors during the hottest part of the day.

It's normal to lose water from your body every day by sweating, breathing, peeing, and pooping, and through tears and saliva (spit). Usually you replace the lost liquid by drinking fluids and...

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To prevent dehydration, drink plenty of fluids and eat foods high in water such as fruits and vegeta-

bles. Letting thirst be your guide is an adequate daily guideline for most healthy people. People may need to take in more fluids if they are experiencing conditions such as: Vomiting or diarrhea.

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Dehydration (Discharge Care) - What You Need to Know

But a severe case of hyponatremia can cause symptoms that look a lot like those of dehydration—nausea, confusion, and irritability—and be fatal if it's not treated quickly.

Nausea and vomiting is caused by numerous factors, with two of the most common factors being chemotherapy and surgery. Nausea and vomiting can lead to serious medical complications such as dehydration, electrolyte imbalances, and esophageal tears. It is easier to prevent nausea and vomiting than to treat it once it has started.

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with your steamer's operating manual for reconstituting fruits and vegetables. • Soaking: Place dried food in a shallow pan. Cover with liquid. Allow 1 to 2 hours for rehydration process to occur. • Boiling Water: Vegetables: Place 1 cup of dried vegetables in 1 cup of boiling water. Soak for 5 to 20 minutes.

Dehydration Guide

Severe vomiting can lead to symptomatic dehydration and electrolyte abnormalities (typically a metabolic alkalosis with hypokalemia) or rarely to an esophageal tear, either partial (Mallory-Weiss) or complete (Boerhaave syndrome). If a patient is unconscious or only partly conscious, the vomitus may be inhaled (aspirated).

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Dehydration - Signs, Symptoms, Causes, and Prevention

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In people who have kidney problems, diarrhea, nausea, and vomiting may cause a loss of fluids (dehydration), which may cause kidney problems to get worse. It is important for you to drink fluids to help reduce your chance of dehydration.

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User Guide for the 2017 Participant Use Data File (PUF) [monograph on the Internet]. Chicago: American College of Surgeons; c1996-2019 [updated 2018 Oct; cited 2019 June 1]. ... found that nausea, vomiting, and dehydration were more commonly a reason for readmission in LSG than LRYGB. However, the focus of this study was to evaluate the ...

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