



# Detecting Dehydration

## About You

Ask yourself the following:

- Does your weight change more than 3–5 pounds in 24 hours?
- Do you experience excessive thirst?
- Do you urinate less than every 3 hours?
- Have you ever been referred to a kidney specialist?

## Did You Know?

1 liter of water weighs about 2 pounds

Daily weight monitoring can provide important insight into your hydration status

## If You Have Short Bowel Syndrome (SBS) or Dysmotility

Be cautious with fluid intake:

- Sugary beverages (fruit juice, regular soda, smoothies) can:
  - Increase diarrhea
- Drinking large amounts quickly can:
  - Worsen dehydration

## Oral Rehydration Solutions (ORS)

ORS are specially formulated to improve hydration by using the sodium-glucose transport system in the bowel.

For ORS to work effectively, it must contain:

- Sodium: 45–80 mEq  
( $\approx \frac{1}{2}$  to  $\frac{3}{4}$  teaspoon per 32 oz)
- Glucose (sugar): 20–25 grams  
( $\approx 5$ –6 teaspoons per 32 oz)

## Tips for Success

- Sip ORS slowly throughout the day
- Start with 32 oz daily, increasing to 64 oz as directed by your medical team
- Weigh yourself daily to monitor hydration status

### Disclaimer

This information is for educational purposes only and should not be considered medical advice.



**For more information or to speak with our clinical team, contact us at [nutrition@avevorx.com](mailto:nutrition@avevorx.com) or call (877) AvevoRx**

