

Home Instructions (2 Days) After High-Dose Cisplatin

Today, you received high-dose cisplatin. To prevent damage to your kidneys, you need to drink plenty of fluids.

- Tonight: Drink **four 8-ounce glasses (32 ounces)** of fluid before 8:00 a.m. tomorrow.
- Drink all types of fluids such as:
 - Water.
 - Milk.
 - Juices.
 - Gatorade®.
 - Propel®.
 - Decaffeinated soft drinks (soda).
- Do NOT drink water only. Avoid fluids with caffeine and alcohol. You may have one cup of regular coffee or tea.
- If you have diabetes or problems with your blood sugar, drink fluids with no sugar. Otherwise add water to sweet drinks (half water and half juice).
- Starting tomorrow: Drink **two to three quarts (eight to twelve 8-ounce glasses)** of fluid every day for a week.
- Take your anti-nausea medicines as your doctor told you to.

PLEASE KEEP TRACK OF YOUR FLUID INTAKE.

This may help you to see that you are reaching your goal.

Write the time and number of ounces that you drink today and tomorrow.

Time	Number of Ounces	Time	Number of Ounces

Call Your Nurse or Doctor if you:

- Are urinating less frequently or in smaller amounts than normal.
- Have nausea, vomiting, or diarrhea.
- Have dizziness.
- Are unable to eat or drink for more than 24 hours after getting high-dose cisplatin.
- Have a fever of 100.4° F (38° C) or higher.
- Have heartburn.
- Have any unexpected, or unexplained problems.
- Have any questions or concerns.

The information on this card is selective and does not cover all possible side effects; others may occur. Please report any problems to your doctor.

