

Signs and Symptoms of Dehydration Checklist

Sign/Symptom	Yes	No	N/A
1. Dry Skin			
2. Cracked Lips			
3. Thirst			
4. Poor Skin Turgor			
5. Fever			
6. Loss of Appetite			
7. Nausea			
8. Dizziness			
9. Increased Confusion			
10. Laboratory Values within the past month that may Indicate Dehydration*			
11. Decreased Blood Pressure			
12. Increased Pulse			
13. Constipation			
14. Concentrated Urine			

*Increased Blood Urea Nitrogen (BUN); elevated BUN: Creatinine Ratio (in presence of a normal creatinine); elevated Hematocrit; elevated Potassium (K⁺); elevated Chloride (Cl⁻); elevated Urine Specific Gravity; and/ or elevated Serum Osmolality; (Sodium can be increased, normal or low, depending on the underlying cause of the dehydration.)

Comments:

Reviewer _____