

High Output Ileostomy

A stoma producing more than 2 liters (2000 mL) per day is considered high output

Normal	Caution	High Risk of Dehydration
<p>Normal ileostomy output should be like thick toothpaste or oatmeal consistency</p>	<p>Watery output for longer than a 12-hour period should be investigated further and some dietary changes should be considered</p>	<p>Watery output for longer than 24 hours requires healthcare professional intervention</p>
<ul style="list-style-type: none"> • Ostomy pouch should be emptied four to six times per day • It is normal for stool consistency to vary during the day depending on food consumption • Try to eat at regular intervals and avoid missing meals • The best time for a routine pouching system change is in the morning before you have had anything to eat or drink • Drink approximately two liters of fluid per day • For output that varies significantly throughout the day, consider keeping a food diary 	<ul style="list-style-type: none"> • If your pouch requires emptying more than six times per day, you may be at risk of dehydration • Increase sodium intake by eating high-sodium foods such as: broth, canned vegetables, and tomato juice • Use a diet consisting of moderate fats and higher complex carbohydrates <ul style="list-style-type: none"> – Starches: breads, bagels, corn bread, pasta, rice • Reduce fruit and green leafy vegetables (including fruit juices) • Stagger eating and drinking – consume fluids half an hour before or after meals • Observe the color of your urine – it should remain pale yellow 	<ul style="list-style-type: none"> • Contact your nurse or General Practitioner • Know the signs and symptoms of dehydration: – Increased thirst, lethargy, muscle cramps, dry mouth, abdominal cramps, decreased urine output, and dizziness when standing up

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Ostomy Output Tracking

INTAKE			OUTPUT				
Date	Time	Liquid Intake (oz)	Date	Time	Stool Output (oz)	Urination Count	Urine Color

For more product information please call our customer services team on **0800 521377**.

Routine follow-up with your healthcare professional is recommended.
Prior to using any ostomy products/accessories be sure to read all product inserts and labels.

References:
J.E. Carmel, J.C. Colwell, M.T. Goldberg (Eds.), *WOCN Society Core Curriculum Ostomy Management* (p. 144). Philadelphia: Wolters Kluwer (2014).
Medlin, S. (2012). *Nutritional and fluid requirements: High-output stomas*. British Journal of Nursing, 21(6)
Parrish, C. R. (2005). *A patient's guide to managing a short bowel*. Newark, DE: Growth.

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