

High Output Ileostomy

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

Normal	Caution	High Risk of Dehydration
Normal ileostomy output should be like thick toothpaste or oatmeal consistency	Watery output for longer than a 12-hour period should be investigated further and some dietary changes should be considered	Watery output for longer than 24 hours requires healthcare professional intervention
• 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	• 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 – 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	• Contact your WOC/ET 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

OSTOMY CARE TIPS

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Ostomy Output Tracking

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

Routine follow-up with your healthcare professional is recommended.

Prior to use, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.

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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