

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 WOC/ET nurse or General Practitioner • Know the signs and symptoms of dehydration: <ul style="list-style-type: none"> – Increased thirst, lethargy, muscle cramps, dry mouth, abdominal cramps, decreased urine output, and dizziness when standing up

High Output Ileostomy

Ostomy Output Tracking

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

For product questions, sampling needs, or detailed clinical questions concerning our products in the US, call **1.888.808.7456**. In Canada call **1.800.263.7400**.

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.

The Hollister logo and "Healthy skin. Positive outcomes." are trademarks of Hollister Incorporated.
© 2017 Hollister Incorporated. 923121-1217 US00220

Hollister Incorporated
2000 Hollister Drive
Libertyville, Illinois 60048
1.800.323.4060

www.hollister.com

Hollister Limited
95 Mary Street
Aurora, Ontario L4G 1G3
1.800.263.7400

