High Output Ileostomy

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

Normal

Normal ileostomy output should be like thick toothpaste or oatmeal consistency

- 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

Caution

Watery output for longer than a 12-hour period should be investigated further and some dietary changes should be considered

- If your pouch requires emptying more that 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

High Risk of Dehydration

Watery output for longer than 24 hours requires healthcare professional intervention

- 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

High Output Ileostomy

Ostomy Output Tracking

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