

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

