Ileostomy Patient – Recording Intake & Output (I & O)

Please record the amount of fluids you take in, the amount & consistency of the fluid from your ostomy and the color of your urine. This will help to prevent dehydration.

Date/Time	Fluids In	Ostomy Output(ml) Consistency: (liquid/applesauce/oatmeal)	Urine Color (clear, light yellow, yellow, amber, dark/tea colored)
EXAMPLE: Monday 9am	½ cup 1 bottle Gatorade <u>16</u> oz	150 ml "applesauce"	yellow

Date/Time	Fluids In	Ostomy Output(ml) Consistency: (liquid/applesauce/oatmeal)	Urine Color (clear, light yellow, yellow, amber, dark/tea colored)