Washington University Department of Surgery
Division of General Surgery / Section of Colon and Rectal Surgery
660 S. Euclid Avenue, Campus Box 8109
St. Louis, MO 63110
Phone: 314-454-7177
ColonRectalSurg.wustl.edu

Washington University in St. Louis Physicians

Surgery

Caring for Your Ileostomy High Output

Output monitoring for ostomy

- Drink 10-12 glasses of fluid a day
- Measure your ostomy output every day.

0-500 mL

Stop taking Imodium® or Lomotil®

If having abdominal pain or vomiting, call your surgeon's office at 314-454-7177.

500 - 1,200 mL

More than 1,200 mL
Increased risk of dehydration

Call your surgeon's office at 314-454-7177.

1. Start taking Imodium®
- Take 1 tab NOW
- Take 1 tab 30 minutes before breakfast and dinner
- May increase to 2 tabs, 2-4 times a day
- Take Metamucil® 1-2 times a day
- Foods: cheese, pretzels, white rice, tapioca, marshmallows, bananas, applesauce, oatmeal, peanut butter

When to call your surgeon's office (314-454-7177) or go to the hospital:

- Weakness
- Unable to eat/drink
- Decreased urination (less than 500 mL in 24 hours)
- Persistent high ostomy output (greater than 1,200 mL in 24 hours)

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Medications for high output ileostomy:

These medications may be used to control your output. Ileostomy patients may experience output greater than 1,200 mL following surgery. Output more than 1,200 mL is too high and will cause you to become dehydrated. Dehydration can lead to a hospital readmission and cannot be ignored. If you have high output, your doctor will recommend you eat certain foods and take medications to slow down and reduce the amount of output from your ostomy. Always check with your doctor before adding or changing medications.

MEDICATION	DESCRIPTION	HOW TO TAKE	HOW MUCH TO TAKE	MY PRESCRIPTION
Imodium®	An over-the-counter pill to reduce the amount of ostomy output	30 min. before meals and at bedtime or every 6 hours	• 1-2 tabs • up to 8 tabs daily	
Lomotil®	A prescription used to reduce the amount of ostomy output	30 min. before meals and at bedtime or every 6 hours	• 1-2 tabs • up to 8 tabs daily	
Metamucil®	A fiber supplement – this will thicken your output	Daily mixed in water or juice	• 1 teaspoon to 1 tablespoon • 1-2 times a day	
Food: oatmeal, pasta, cheese, marshmallows, rice, bread	Certain foods will thicken your output	Include 1 of these foods at every meal or snack	• Daily, throughout the day	

Ileostomy medication schedule:

Use this chart to remind you what time you need to take your ileostomy medications each day.

MEDICATION	6 a.m.	7 a.m.	8 a.m.	9 a.m.	10 a.m.	11 a.m.	12 p.m.	1 p.m.	2 p.m.	3 p.m.	4 p.m.	5 p.m.

MEDICATION	6 p.m.	7 p.m.	8 p.m.	9 p.m.	10 p.m.	11 p.m.	12 a.m.	1 a.m.	2 a.m.	3 a.m.	4 a.m.	5 a.m.

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Input and ileostomy output log:

Your nurse will teach you how to keep track of your output. Continue to do this for 2 weeks after you go home. You should also keep track of how much you are drinking each day. Use the chart provided to record your fluid intake and ostomy output to identify hydration. Total your output at the end of each day. See example below. (30 mL = 1 ounce)

Output should NOT exceed 1,200 mL per day
Call the office at 314-454-7177 if your output is greater than 1,200 mL in 24 hours.

DATE	FLUID INTAKE	OSTOMY OUTPUT (ML) CONSISTENCY; LIQUID/ APPLE SAUCE/OATMEAL)	URINE COLOR (CLEAR, LIGHT YELLOW, AMBER, DARK/TEA COLORED)	DAILY TOTAL OUTPUT
Monday, Aug. 21, 9 a.m.	16 oz.	150 mL (apple sauce)	yellow	
Monday, Aug. 21, 1 p.m.	6 oz.	250 mL (apple sauce)	dark yellow	
Monday, Aug. 21, 9 a.m.	31 oz.	300 mL (liquid)	clear	700 mL

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