

# Health Facts for You



## High Ostomy Output

With a new ileostomy, it is normal to have high ostomy output as your body adjusts to a shorter bowel. This handout explains what you need to know about diet when you have an ostomy.

### How do you know if you are having high ostomy output?

**Check your ostomy output by measuring the fluids you empty from it.** Before you go home, we will give you a graduated cylinder to measure your ostomy. Write down your ostomy output on the form at the end of this handout.

Normal ileostomy output after the first week is 600 ml per day. Output more than 1200 ml can mean poor absorption and lead to dehydration. **If you have output of more than 1200 ml a day for 2 days, call your doctor.**

**Weigh yourself daily at the same time.** Write down your weight on the attached form. **If you lose more than 2.2 pounds (lbs.) in 1 week, call your doctor.**

**If you stop urinating or if you do not urinate often.** Before you go home, we will give you a urinal or a urine hat to measure your urine. Write down your urine amount on the form at the end of this handout.

You should be urinating every 3-4 hours and it should be pale yellow to clear. **If you are not urinating normally or if you have less than 700 ml of urine a day for 2 days, call your doctor.**

### How can you slow down your ostomy output?

#### Diet Changes

- Chew food well.
- Eat low sugar foods and drinks.
- Eat salty foods and add salt to meals and snacks.
- Eat smaller more frequent meals and snacks.
- Drink fluids  $\frac{1}{2}$  hour before or after meals, not with food.
- Avoid alcohol and caffeine.
- Eat more soluble fiber which forms a gel when mixed with water and slows movement.
  - Good sources of soluble fiber include peeled sweet potatoes, applesauce, refried beans, wheat, and oat bran.
  - You may also try adding fiber like Benefiber® Metamucil®, Nutrisource, or guar gum.
- Try adding these foods that naturally thicken stool to your meals:
  - Applesauce
  - Cream of rice
  - Peanut butter (creamy)
  - Bananas
  - Marshmallows
  - Rice
  - Cheese
  - Mashed potatoes
  - Soda crackers
  - Tapioca

## Medicines

For high ostomy output, your doctor may have you take medicine to help slow down output. If you are having high ostomy output, talk to your doctor about increasing or adding medicine to help.

- **Antidiarrheals** (take 30 minutes before you eat)
  - Imodium® (loperamide)
  - Lomotil (diphenoxylate)
  - Tincture of Opium
- **Proton Pump Inhibitors (PPI)**
  - Nexium® (esomeprazole)
  - Protonix® (pantoprazole)
  - Prilosec® (omeprazole)
  - Prevacid® (lansoprazole)
- **Histamine2-Receptor Antagonists (H2 blockers)**
  - Cimetidine (Tagamet®)
  - Famotidine (Pepcid®)
  - Ranitidine (Zantac®)

## Fluids and Electrolytes

You lose sodium, potassium, and water in ostomy fluid, so it is important to stay hydrated. It is common for someone with an ostomy to feel thirsty. But drinking large amounts of water can make dehydration worse. Nutritional supplements, such as Ensure®, have too much sugar and are **not** recommended if you have high ostomy output. Drinks like juice and Gatorade® can be too sugary alone.

## Ready to Drink Liquids

- Parent's Choice Pediatric Electrolyte available at Walmart
- Pedialyte\* available at most retailers
- Drip Drop\* available at Walgreens

\*Available in hospital

## Recipes

### Gatorade G2® Improved

4 cups (32-ounce bottle) Gatorade G2®  
¾ tsp salt

### All Sports® Base Improved

1 ½ cups of All Sport®  
3 cups water  
½ tsp salt

### Apple Juice Improved

1 cup apple juice  
3 cups water  
½ tsp salt

### Grape or Cranberry Juice Improved

½ cup of juice  
3½ cups water  
½ tsp salt

### Ensure® Plus Improved

1 ounce Ensure® Plus  
8 ounces 2% milk

### Chicken Broth Improved

2 cups liquid broth  
2 cups water  
2 tablespoons sugar

### Tomato Juice Improved

2½ cups tomato juice  
1½ cups water

### Sugar and Salt Water

1-quart water  
¾ teaspoon salt  
6 teaspoons of sugar  
Optional-Crystal Light to taste

## **Who to Call**

If you are a UW Health patient and have any questions, please contact UW Health at one of the phone numbers listed below.

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH)  
**(608) 890-5500**

Nutrition clinics for UW Medical Foundation (UWMF)  
**(608) 287-2770**

You can also visit our website at:  
[www.uwhealth.org/nutrition](http://www.uwhealth.org/nutrition).

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 1/2023. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#297

## Ostomy Intake and Output Measurement

Record your daily intake and output on this form. Call your doctor if your ostomy output is less than 500 ml or more than 1200 ml per day. Please bring this form to your next doctor's appointment.