

## HIGH ILEOSTOMY OUTPUT INSTRUCTIONS

### OSTOMY CARE

- Empty your bag when it gets full. And change your appliance as directed in the hospital.
- You should take your appliance off to shower and clean the surrounding skin.
- If you have any questions, or start to have skin irritation, please call our office or the Advanced Wound Care Clinic at Rose (phone: 303-329-4840). If you call the wound clinic, tell them you are our patient and want to see a stoma nurse.

### RECORDING AND MANAGING YOUR OSTOMY OUTPUT

- If you have an ileostomy (part of your small bowel): record how much your ostomy output is per 24hrs. Normal output is around 1-1.5L per day and it should be around applesauce consistency.
- If your ostomy output is very watery or high you can get dehydrated. High ileostomy output is more than 1.5 L per day (1500 mL).
- If you have high output, follow the instructions below until your output is less than 1.5L per day and thicker. Please also call our office to keep us informed or if you have any questions.
  - Make sure you stay hydrated by drinking an electrolyte drink such as nuun tablets, G2 (lower sugar Gatorade), or Pedialyte.
  - You should go to the emergency room if you have signs of dehydration such as dizziness, lightheadedness, palpitations (fast heart rate), reduced urine output or very dark urine, or feel like you will pass out.
  - You should also start to add medication to slow your output, make up to 2 changes per day and continue to record your output.
    - First take a fiber supplement once per day with a meal. Any over the counter supplement will work such as Metamucil powder or capsules.
      - For the powder take 1 heaping tablespoon in 6oz of water (a small cup). For the capsules start with 4 capsules one time per day.
    - If your output has not slowed or thickened after 12 hours, take another dose of fiber.
      - Fiber can be increased to 3 times per day
    - Next if your output is still over 1.5L per day, add loperamide (brand name: Imodium), this is available over the counter. Start with 2mg once per day 30 min before a meal. You should continue taking the fiber.
    - If your output has not slowed or thickened after 12hrs, take another dose (i.e. 2mg twice per day 30 min before meals).
    - If your output is still high continue to add a dose of loperamide, up to 4 times per day before meals
    - If your output is still over 1.5L per 24hrs, next increase your Imodium dose to 4mg. The max Imodium is 16mg per day.