

Ileostomy Skills I Need before Going Home

Post-Operative Day (POD)	Patient	Registered Nurse	Ostomy Nurse
Day of Surgery	<ul style="list-style-type: none"> I understand what intake and output are. 	<ul style="list-style-type: none"> Hangs “Skills I Need Before Going Home” in your room. Tells case manager about you, a new ileostomy patient. Tells you about intake and output tracking. Explains measuring intake and output to you. 	
First Day after Surgery (POD 1)	<ul style="list-style-type: none"> I can open and close my ileostomy pouch. I can empty my ileostomy pouch. 	<ul style="list-style-type: none"> Helps you open and close the pouch. Helps you empty the pouch. 	<ul style="list-style-type: none"> Gives you an ostomy education folder on the first visit. Begins teaching you about your ostomy. Reviews “Intake and Output Tracking Sheet” with you. Teaches you to open and close the pouch. Teaches you to empty the pouch.
Second Day after Surgery (POD 2)	<ul style="list-style-type: none"> I change my ostomy pouch with the ostomy nurse. I track all my liquid intake. I track all my output (urine and ostomy). I compare the intake to the output. 	<ul style="list-style-type: none"> Reviews what you were taught before. Watches you track your intake and output. 	<ul style="list-style-type: none"> Teaches you to change your ostomy pouch. Reviews the ostomy education booklet with you. Answers your questions.
Third Day after Surgery (POD 3)	<ul style="list-style-type: none"> I track all liquid intake and output on the tracking sheet on my own. I compare the intake to the output on my own. 	<ul style="list-style-type: none"> Reviews and reminds you how important it is to drink enough liquid. Reviews ostomy care instructions with you. Answers your questions. 	<ul style="list-style-type: none"> Completes the teaching you need before leaving the hospital. Answers your questions. Makes sure you have all supplies and information you will need when you leave the hospital.
Day of Leaving the Hospital	<ul style="list-style-type: none"> I have all the information and supplies I need before going home. I understand and can do intake and output tracking. I can empty and change my ostomy pouch on my own. 	<ul style="list-style-type: none"> Gives you a prescription for ostomy supplies. Checks that your doctor has signed the prescription. Makes sure a follow-up with you surgeon and ostomy nurse is scheduled. If you will have a home care nurse, makes sure the case manager sends “Preventing Dehydration after Your Ileostomy” factsheet to the nurse. 	