

Ostomy Nurse 801-_____ My Doctor _____ 801-_____

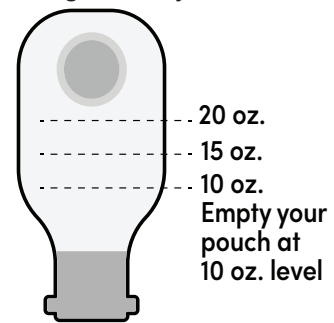
How to Use This Form

- During each day, keep track of how much liquid you drink (intake) and how much stool you produce (output). Also keep track of how many times you urinate and the urine color.
- Do not keep track of solid foods you eat. Do not keep track of partly solid foods such as yogurt or pudding.
- Write down your intake amounts in ounces (oz.). Use the pictures below to help you estimate how many ounces different containers hold. For bottled drinks, you can check the label to find the amount.
- Estimate the amount of stool from your ostomy pouch in ounces (oz.). Use the labeled picture below as a guide.
- At the end of the day, compare stool output to liquid intake. If your output is more than your input, drink enough liquid to make up the difference. Choose a low-calorie drink that has potassium. Examples: Gatorade G2 and PowerAde Zero.
- If your stool output is ever **less than 16 oz. in 24 hours**, call your doctor's office.
- If your stool output is ever **more than 40 oz. in 24 hours**, take one Imodium pill in the morning and one at night. You can also take a fiber supplement such as Metamucil (one teaspoon once in the morning and evening). Call your doctor's office if your stool output continues to be **more than 40 oz. daily**.
- If you urinate fewer than **5 times in 24 hours**, drink more liquids. If you urinate fewer than **3 times in 24 hours**, call your doctor's office.
- Call your doctor's office if any of these things happen with your urine:
 - It gets dark yellow in color.
 - It is cloudy.
 - It has a strong odor.

Estimating Drinking Glass Contents



Estimating Ostomy Pouch Contents



INTAKE			OUTPUT				
Date	Time	Liquid Intake (oz.)	Date	Time	Stool Output (oz.)	Urination Count	Urine Color

