



Intake/output diary

How to use this form:

- Complete the intake/output tracking chart for_____ weeks after discharge from the hospital.
- Throughout the day, keep track of how much liquid you drink and how much stool you produce. Also keep track of how many times you urinate (void) and the urine color.
- Don't record intake of solid or semi-solid foods (for example, yogurt).
- At the end of the day, compare your intake and output. If your output is more than your input, increase your intake per physician guidelines.
- If your stool output is ever less than _____ or more than ____ in 24 hours, call your doctor's office during daytime hours.
- If your urine color is amber or dark yellow, drink more fluids.
- If your urine is cloudy, has a dark yellow color, and/or it has a strong odor, call your doctor's office during daytime business hours.
- Relay this information to your WOC nurse, physician, home health nurse or MD; or bring to your outpatient follow up visit.

Date Total intake Total output

Estimating drinking glass contents



Tea cup



lice lass



Small



Medium glass



Large glass

Estimating ostomy pouch contents

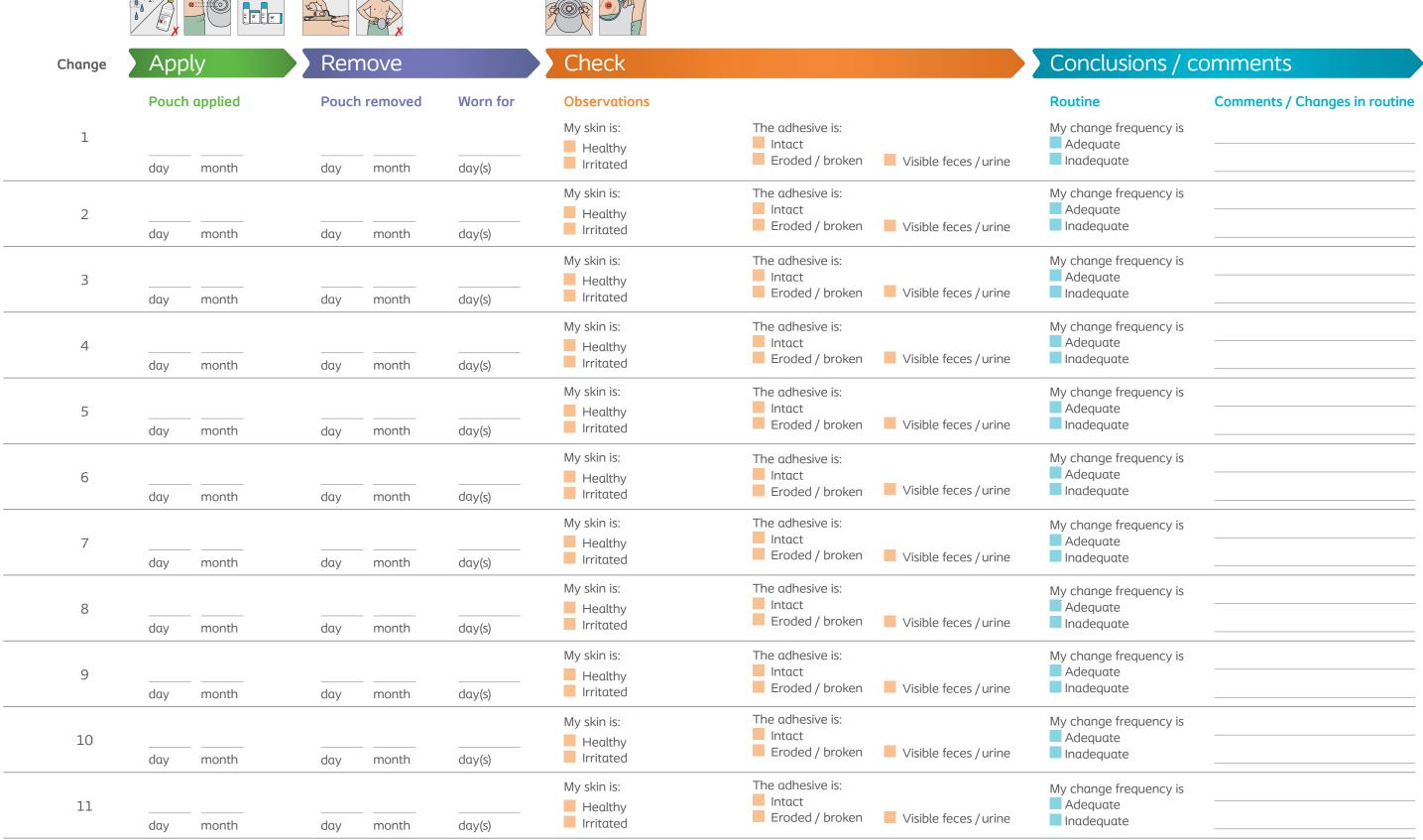


Intake			Output				
Date	Time	Ounces of liquid	Date	Time	Ounces of stool	Voiding count	Urine color
			-				

Questions?

If you have any questions, please contact the Coloplast® Care Team at 1-877-858-2656. Coloplast does not practice medicine. The recommendations and information in this material are not medical advice. Contact your healthcare professional for personal medical advice or diagnosis. IF YOU THINK YOU HAVE A MEDICAL EMERGENCY, CALL 911

Make an entry in the diary every time you change your pouching system



If you are looking for guidance, contact Coloplast® Care at 1-877-858-2656