

Wellness Education

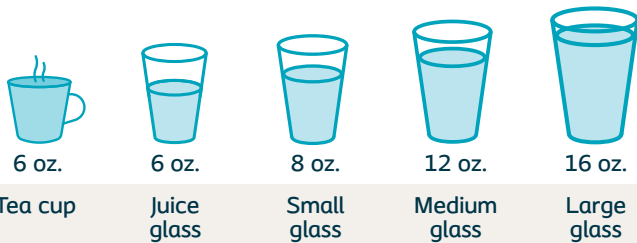
Intake/output diary for ostomy patients

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



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. These are general guidelines meant to help you with typical questions. You should follow the specific instructions provided by your healthcare team for you and the product you are using. 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

