

3. Dehydration instructions – for post ileostomy patients

Dehydration prevention

(For total colectomy with loop ileostomy, total colectomy with ileal pouch or proctocolectomy /ileostomy)

After discharge from your operation, please record your liquid intake, stool output and urine output each day until the first post operative appointment. Note the following:

At least TWO measuring devices will be provided to you upon discharge:

For males: urinal and a white “hat” for stool and two graduated triangular containers.

For females: to white “hats”, one for urine, one for stool AND two graduated triangular containers.

If you do not receive these items, please ask for them!!

You can use a household measuring cup as well. One 8 ounce cup is equal is equal to 240 cc.

***Liquid Intake----- Drink 1500cc more than stool output daily.**

- ❖ All liquids should be recorded in “cc” or “ml” which is the same
- ❖ Best choices are Gatorade or sports drinks, juices, tea, (non-caffeine drinks only), protein drinks like boost/ensure/ carnation instant shakes.
 - Ounces can easily be converted to cc or ml by multiplying by 30 (1 ounce= 30cc or 30ml)
 - Remember to read the cc or ml on a liquid container label to help you.

***Ileostomy/ stool output**

- ❖ Should be like oatmeal consistency
- ❖ About 4-5 cups a day (same as 1000cc or 1 liter, up to 1500 cc a day)

If the ileostomy output becomes thin like water, add BREAD, PASTA, POTATOES, BANANAS, or RICE to your diet to thicken the output. You may have been instructed to take some medications like Protonix, Zantac, a fiber supplement, cholestyramine (Questran) or Imodium to thicken your stool.

If your stool output is less than 300cc in a day your stool may be too thick so contact the office to adjust your medications and diet.

*** Urine Output (indicates how much fluid the body is absorbing)**

- ❖ Should be pale yellow (if its more amber, you need to drink more)
- ❖ About 4 cups every 24 hours (Same as 1000cc)

Signs of Dehydration:

Dizziness or lightheadedness or nausea

Dark yellow or amber colored urine/ less than 1000cc in 24 hours or 500cc in 12 hours

Stool output greater than 1000-1500cc in 24 hours or 500-750cc in 12 hours.

If you experience signs of dehydration, you need to drink more fluid and call the office immediately; you may require intravenous hydration or medication adjustment.

(352) 265-0535 or (352) 265-0604 M-F, 8:30 A.M.-5:00 P.M.

REMEMBER: Outcomes can easily be converted to cc's by multiplying by 30 (1 ounce = 30cc)
AND... read labels. They often have "ml" listed. (ml=cc).

Liquid or Volume Measures (approximate) cc=ml			
1 teaspoon		1/3 teaspoon	5cc
1 tablespoon	½ fluid ounce	3 teaspoons	15 cc
2 tablespoons	1 fluid ounce	1/8 cup, 6 teaspoons	30cc
¼ cup	2 fluid ounces	4 tablespoons	60cc
1/3 cup	2 2/3 fluid ounces	5 tablespoons & 1 teaspoon	80cc
½ cup	4 fluid ounces	8 tablespoons	120cc
2/3 cup	5 1/3 fluid ounces	10 tablespoons & 2 teaspoons	160cc
¾ cup	6 fluid ounces	12 tablespoons	180cc
7/8 cup	7 fluid ounces	14 tablespoons	210cc
1 cup	8 fluid ounces/ ½ pint	16 tablespoons	240cc
2 cups	16 fluid ounces/ 1 pint	32 tablespoons	480cc
4 cups	32 fluid ounces	1 quart	960cc

