Thank you for participating in the care of this ileostomy patient. He or she has had multiple teaching sessions with Huntsman Cancer Institute/University of Utah Health Care ostomy nurses and staff nurses, including self-care instruction for the ostomy. The patient has also received the following items to help with home care:

- Discharge kit with ostomy supplies and recording sheets for fluid intake and output
- The “Living with Your Ileostomy” booklet
- A patient education factsheet “Preventing Dehydration After Your Ileostomy”

This factsheet provides you with important information to help care for this patient.

**Bowel Function**

- Please encourage the patient to monitor his or her bowel function every day. The patient has received instructions for tracking ileostomy and urine output. He or she should continue to record ileostomy and urine output, as well as fluid intake, on the pages provided at discharge.
- The patient has been instructed to show you the intake/output chart at each visit. Please check that he or she is completing the chart.
- Please reinforce this message: **Dehydration is a major risk for patients with an ileostomy.** The recommended daily fluid intake is 8 to 10 eight-ounce drinks. The patient should include electrolyte-enhanced drinks such as Gatorade or Powerade.
- In hot weather, encourage the patient to drink extra fluids and to monitor ileostomy and urine output closely.
- Remind the patient to watch for signs of dehydration:
  - Increased thirst
  - Dry mouth or tongue
  - Dark-colored urine
  - Less frequent urination
  - Weakness or dizziness when standing
  - Cramps in the abdomen and legs
  - Mental confusion

**Important:** Use these benchmarks to determine when to call the doctor’s office.

- If stool output is **less than 16 oz. or more than 40 oz.** in 24 hours, call the doctor’s office.
- If the patient urinates fewer than **five times** in 24 hours, encourage him or her to drink more liquids. If he or she urinates fewer than **three times** in 24 hours, call the doctor’s office.
- If the patient’s urine becomes darker yellow in color or cloudy, or if it has a strong odor, call the doctor’s office.

**Stoma Care**

- Please monitor the appearance of the stoma. The tissue should be moist and pink or red in color.
- Call the patient’s surgeon’s office at the number below if any of these abnormal conditions appear:
  - Dark purple or blue color of stoma
  - Swollen stoma
  - Continuous bleeding into the pouch
  - Separation of sutures around stoma

**When to Seek Help**

Call the hospital at the number below or go to the nearest emergency department if the patient develops any of the following symptoms:

- Severe abdominal distension and cramps
- Fever of 101.5° or greater
- Severe nausea
- Severe vomiting
- Inability to tolerate food or liquids
- Marked decrease or increase in ostomy output
- No ostomy output for more than six hours

(continued on other side)
If You Have Questions

• Consult the patient’s “Living with Your Ileostomy” booklet and “Preventing Dehydration” factsheet.

• Huntsman Cancer Institute/University of Utah Health Care ostomy nurses are available Monday through Friday at 801-585-2766. Leave a message, and we will return your call the next business day.

• For concerns that need immediate attention, call the hospital at 801-581-2121 and ask for the general surgery resident on call.

View These Helpful Videos

Living with an Ileostomy
Six-part series featuring Courtney Scaife, MD
http://goo.gl/lrQZ9C

Colostomy/Ileostomy
Eight-part Video Series
American College of Surgeons
http://goo.gl/VeK3Lg