Discharge Supply List for Ileostomy Patients

When you are released from the hospital, you will receive some supplies to start you out with home care. Here is a list of the items you will receive:

- “Living with Your Ileostomy” booklet
- Seven pages of Intake/Output Charts
- Three changes of ostomy supplies
- Two 32-oz. drinking mugs

**Intake/Output Tracking after Your Ileostomy Surgery**

U of U Ostomy Nursing: 801-_____________
My surgeon: ______________________ 801-_____________

**How to Use This Form**

- Throughout 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.
- Don’t record intake of solid or semi-solid foods (for example, yogurt).
- Record your intake amounts in ounces (oz.). Use the pictures below to help you estimate how many ounces various containers hold. For bottled beverages, you can check the label to find the amount.
- Estimate your stool output in ounces (oz.). Use the picture below as a guide. (The amounts come from our actual measurements of bag contents.)
- At the end of the day, compare your stool output to your liquid intake. If your output is more than your input, make up the difference with a drink that's low in calories but rich in electrolytes (for example, Gatorade G2 or Powerade Zero).
- If your stool output is ever less than 16 oz. or more than 40 oz. in 24 hours, call your doctor’s office.
- If you urinate fewer than five times in 24 hours, drink more liquids. If you urinate fewer than three times in 24 hours, call your doctor’s office.
- If your urine becomes darker yellow in color or cloudy, or if it has a strong odor, call your doctor’s office.