

Ileostomy Care Instructions

You will be going home with a new ileostomy. You will be seen by a certified wound/ostomy nurse and participate in the care of your ostomy. In addition, other members of the team will also be involved in providing you with important information about your ostomy. The following instructions have been prepared to help ensure that you have the information that you need to help at home. If you have any questions, please ask your doctor or nurse.

Before you leave the hospital, the nurse should have reviewed with you:

- When or how to make your follow-up outpatient appointment with your surgeon
- How to schedule a follow-up appointment with the ostomy nurse, call: 215-829-5333

The nurse should have given you:

- Prescriptions for ostomy supplies (if needed)
- A chart to allow you to record your intake and output at home
- A “hat” and “urinal” to help you measure your output

One major risk of having an ileostomy is dehydration. This is related to fluid loss through your stoma.

Signs and symptoms of dehydration include dry mouth or tongue, dizziness upon standing, weakness, a decrease in urination, urine darker in color, cramps in your abdomen and legs, and confusion.

If you are having any signs of dehydration, please call your surgeon immediately.

To avoid dehydration, we instruct you to:

- Drink 10 to 12 glasses of fluids daily, including electrolyte-enhanced beverages such as Gatorade, Pedialyte, or Powerade. (This is especially important in warm weather, because you are perspiring more and losing more fluid from your body)
- Measure your fluid intake and ileostomy output. Use your “hat” or “urinal” as you were taught in the hospital to collect and measure the drainage in your ileostomy pouch
- Record these amounts on your measurement chart
- If your ileostomy output is **less than 500 mL or greater than 1200 mL**, please call your surgeon.
- Bring this chart with you to your follow-up appointment with your surgeon/and or ostomy nurse

