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## Post-operative Ileostomy/Colostomy Instructions

- Plan to follow up with your physician in the office within 1 to 2 weeks. Call the next business day after discharge for a "POSTOP" appointment time in the office. Remember to bring extra stoma supplies with you to the appointment.
- Plan to follow up with the Enterostomal Therapy (ET) Nurses. Call the next business day after discharge for an appointment time with them in 3 to 4 weeks.
- Record your ileostomy output as you were taught in the hospital (date, time, amount, consistency).
- Ileostomy outputs should stay below 1200mL (34oz) daily; if over 1200mL consecutively for more than a day, contact our office for instructions.
- Consistency of a typical ileostomy output should be pudding like or thicker. Watery output can lead to dehydration.
- If you have watery output, remember to drink plenty of fluids and eat something whenever you drink the fluids. This will help slow down the output.
- Signs of dehydration
  - \* Dark urine color
  - \* Pasty mouth
  - \* Dizziness
  - \* Nausea
- Foods that can help thicken stools
  - \* Starchy foods such as rice, pastas, breads
  - \* Creamy peanut butter
  - \* Crackers
  - \* Bananas
  - \* Marshmallows
  - \* Pretzels
  - \* Cheeses
- Supplies you should have in case of watery ileostomy output to prevent dehydration
  - \* Crackers
  - \* Gatorade or Powerade or equivalent
  - \* Imodium AD – contact us and we will instruct you as needed
- Change the stoma pouch on a regular basis. Leaks can irritate the skin and should be cleansed and changed immediately. Persistent skin irritation should be evaluated by an ET nurse.
- Piedmont Hospital Enterostomal Therapy Nurses can be reached at:

### When to call a physician

- Watery ileostomy output with volumes greater than 1200mL over a 24 hour period.
- Temperatures greater than 101 degrees F.
- Severe redness or drainage of pus from the incision site.
- Nausea or vomiting that persists more than 12 hours.
- Worsening abdominal pain.
- Severe leg pain or swelling.

**Be sure to visit our website [www.atlcrs.com](http://www.atlcrs.com) to check our Frequently Asked Questions (FAQs) section.**