



## Information Sheet - High Output

*High Output is when you experience an increased output from your stoma which is watery in consistency. This can occur if you have a colostomy or ileostomy.*

### What are the possible causes of high output?

- Your bowel has been recently operated on
- Your bowel is affected by disease or infection
- You have started some new medication/treatment

It is important to manage and treat any high output from your stoma, as this can lead to dehydration, leaking appliances and potentially sore skin.

### Hints and tips

- Drink at least 2L of fluid over the day. This should be a mixture of drinks including a rehydration fluid (as below).
- Drink 1L of a rehydration solution daily such as dioralyte (as directed by your Stoma Nurse).
- An easy recipe from your kitchen is:  
1 small tsp of salt + 2 tps of sugar. Mix in a litre of water (the sugar and salt dissolves easily with a small amount of hot water). Use some cordial for taste as part of the litre of fluid - it will taste best chilled.
- If you have been prescribed or advised to take loperamide (Imodium), this is best taken 30 minutes before food, with a sip of water only.
- Check your stoma template to ensure a good fitting appliance and the skin is protected around the stoma.
- Check the colour of your urine every day.

### Things to watch out for...

- Any signs of dehydration, or the output from your stoma when measured is over 1200mls in 24hrs.
- If the stoma output looks like the fluids you have been drinking.
- Or if you are having problems with sore skin or leakage.

### How would I recognise if I was dehydrated?

- The colour of your urine is a good guide to see how well hydrated you are. A clear, pale yellow colour suggests good hydration whereas a more concentrated, dark yellow colour may indicate you are getting dehydrated
- Other symptoms include dry mouth, thirst, dizziness, headache, muscle cramps

### What can you do to reduce high output?

- Eat little and often. Snack every 3-4 hours, do not leave long periods between snacks, take a snack with you if going out.
- Avoid fibrous foods that over stimulate the bowel e.g. wholegrains, skins of fruit and vegetables, nuts, seeds, uncooked vegetables.
- Eat foods that are easily digested - white rice, pasta, white breads, cheese, crackers.
- Additional snacks such as gelatine based sweets e.g. jelly, marshmallows, jelly babies (sugar free if diabetic) and savoury snacks such as crisps, cheese biscuits can often help to thicken a liquid output.
- Separate your food and drinks. Drinking whole glasses of fluid with food 'washes' the food through the gut: aim to leave at least 15 minutes before or after food.
- Avoid caffeinated, sugary drinks as these over stimulate the bowel.

### More support

If you did not find all the information that you need in this factsheet, you can contact Coloplast Charter on **0800 783 1434** for advice and support. Alternatively, you can visit [www.coloplastcharter.co.uk](http://www.coloplastcharter.co.uk) or discuss your questions and concerns with your healthcare professional.