

Managing a High Output Ostomy:

For patients with an ileostomy or jejunostomy

Read this brochure to learn:

- what is a high output ostomy
- why is a high output ostomy a problem
- what foods and drinks can help you manage it



What is a high output ostomy?

A high output ostomy is when your ostomy output (the amount of waste coming out of your stoma) is more than 1.2 litres (about 5 cups) in a day.

Signs of a high output ostomy include:

- having to empty your stoma bag more than 8 times a day
- having watery output

Why is it a problem?

You may become dehydrated (your body does not get enough water) if you have too much output. Your body may not absorb fluids well when you have a high output ostomy.

Signs of dehydration are:

- feeling thirsty
- peeing less than usual
- having dark yellow pee
- losing weight
- having dry lips and mouth
- having a headache, dizziness or fatigue

How can I manage a high output ostomy?

Making some changes to how you eat and drink can help manage a high output ostomy. Your health care team may also give you medicine to help manage a high output ostomy.

- ✓ **Have a small meal every 2 to 3 hours.** This helps your body absorb food better and meet your nutrition needs.
- ✓ **Chew your food very well.** This makes it easier for your body to break down and use the food you eat.
- ✓ **Do not drink fluids while you eat.** Wait 30 minutes before and after a meal before drinking fluids. Do not drink more than 125 mL (½ cup) if you must drink while you eat. Eating solid food and drinking fluids at the same time can make the food move through your body too fast.
- ✓ **Avoid foods that have lactose, such as milk, ice cream, cheese and pudding.** Switch to lactose-free versions. For some people lactose can cause bloating, gas and increase ostomy output.
- ✓ **Limit caffeine intake** (for example, coffee and tea). Caffeine can make food move through your body too fast.
- ✓ **Limit foods and drinks that are high in sugar.** Dilute juice and sugary drinks with an equal amount of water before drinking. Foods and drinks high in sugar can dehydrate you and increase ostomy output.
- ✓ **Add extra salt to your meals and eat salty snacks.** The extra salt helps your body absorb water better.
- ✓ **Sip on oral rehydration solutions all day.** Oral rehydration solutions are made up of water, sugar and salt in amounts that help your body absorb water better. Find more information about oral rehydration solutions on the next pages.

Tell your doctor if your output stays high after following these tips.

How can I stay hydrated with a high output ostomy?

- Drink oral rehydration solutions as your main fluid. Start by drinking 500 mL (2 cups) each day. Slowly drink more each day until you are drinking 1.5 to 2 litres (6 to 8 cups) a day.
- Do not drink more than 500 mL (2 cups) of regular fluids (water, tea, coffee, milk) a day unless your health care team tells you otherwise. Drinking these fluids may make you more dehydrated.

Oral Rehydration Solutions

You can buy oral rehydration solutions or make them at home.

Oral rehydration solutions to buy:

- Gastrolyte
- Pedialyte

Oral rehydration solutions to make:

Each recipe makes 1 litre (4 cups) of fluid. Mix all of the ingredients together.

Apple juice base
<ul style="list-style-type: none">• 250 mL (1 cup) apple juice• 750 mL (3 cups) water• 2.5 mL (½ tsp) salt
Cranberry juice base
<ul style="list-style-type: none">• 125 mL (½ cup) cranberry juice• 875 mL (3 ½ cups) water• 2.5 mL (½ tsp) salt
Sugar and salt water base
<ul style="list-style-type: none">• 1 litre (4 cups) water• 4 mL (¾ tsp) salt• 30 mL (2 tbsp) sugar• Optional: Crystal Light® or Mio® to add flavour

Gatorade® base

- 500 mL (2 cups) Gatorade®
- 500 mL (2 cups) water
- 2.5 mL (½ tsp) salt

G2 Gatorade® base

- 1 litre (4 cups) G2 Gatorade®
- 2.5 mL (½ tsp) salt

Tomato juice base

- 625 mL (2.5 cups) tomato juice (not V8®)
- 375 mL (1.5 cups) water

Broth base using liquid broth

- 500 mL (2 cups) liquid broth (not low sodium)
- 500 mL (2 cups) water
- 30 mL (2 tbsp) sugar

Broth base using bouillon cube

- 1 litre (4 cups) water
- 1 bouillon cube
- 1 mL (¼ tsp) salt
- 30 mL (2 tbsp) sugar

Miso base

- 50 mL (3 tbsp + 1 tsp) miso
- 15 mL (1 tbsp) sugar
- 1 litre (4 cups) water

Food choice guide for patients with high output ostomy

Choose these foods more often:

- applesauce
- bananas
- white bread
- white bagels
- white English muffins
- white pita
- white bread rolls
- white rice
- white pasta
- oatmeal
- oat bran
- smooth peanut butter
- peeled potatoes
- pretzels
- matzo
- barley
- plain Cheerios
- saltine crackers
- unsweetened rice cakes
- cooked green beans

Choose these foods less often:

- alcoholic drinks
- drinks that have caffeine such as:
 - coffee
 - tea
 - colas
 - energy drinks
- dairy products that have lactose such as:
 - milk
 - yogurt
 - cheese
 - cottage cheese
 - ice cream
 - pudding

- food or drinks that are high in sugar such as:
 - ☐ chocolate
 - ☐ honey
 - ☐ jams and jellies
 - ☐ maple syrup
 - ☐ candy
 - ☐ fruit juices and drinks (especially prune)
 - ☐ pastries
 - ☐ doughnuts
 - ☐ sports drinks
 - ☐ regular soda
 - ☐ hot chocolate

- foods high in fibre such as:
 - ☐ nuts
 - ☐ seeds
 - ☐ olives
 - ☐ peas
 - ☐ beans
 - ☐ legumes
 - ☐ lentils
 - ☐ popcorn
 - ☐ any vegetable skins
 - ☐ any fruit skins
 - ☐ berries
 - ☐ dried fruit

- spicy foods

- food or drinks with sugar alcohols such as:
 - ☐ sorbitol
 - ☐ mannitol

