



## Nutritional Management of High Ostomy Outputs

- A normal ostomy output is anything less than 1 liter (1000ml) of fluid over a 24 hour period. An output higher than 1 litre per day is considered a high output. High ostomy outputs are typically very watery and need frequent emptying.
- High outputs are more common in small bowel (ileostomy or jejunostomy) versus large bowel (colostomy) ostomies.
- This handout will provide you with some suggestions on how to manage high outputs through diet modification.
- If diet does not help, you may need to discuss a medication with your physician.
- If your outputs are high, you are at a greater risk for dehydration as well as sodium and potassium losses (see chart below for signs and symptoms of these).

### Risks of High Ostomy Outputs:

Problem	Signs and Symptoms	Solution
<b>Dehydration</b>	<ul style="list-style-type: none"><li>• Increased thirst</li><li>• Dry mouth and skin</li><li>• Fatigue</li><li>• Decreased urine output</li><li>• Shortness of breath</li><li>• Stomach cramps</li><li>• Light headedness, especially when standing</li></ul>	<ul style="list-style-type: none"><li>• Increase fluid intake</li></ul>
<b>Sodium Loss</b>	<ul style="list-style-type: none"><li>• Loss of appetite</li><li>• Stomach cramps</li><li>• Cold arms and/or legs</li><li>• Fatigue</li><li>• Feeling faint</li></ul>	<ul style="list-style-type: none"><li>• Increase foods and fluids high in sodium such as broth, boullion and canned vegetables/soups</li><li>• Add salt to foods</li></ul>
<b>Potassium Loss</b>	<ul style="list-style-type: none"><li>• Fatigue</li><li>• Muscle weakness</li><li>• Shortness of breath</li><li>• Gassy, bloated feeling</li><li>• Decreased sensation in arms and legs</li></ul>	<ul style="list-style-type: none"><li>• Increase foods and fluids high in potassium such as citrus juices (orange, pineapple and grapefruit), bananas, potatoes, tomato juice and melon</li></ul>

## Food and Fluid Suggestions:

Tip	Reason
<ul style="list-style-type: none"> <li>• Avoid foods that may increase your outputs such as:               <ul style="list-style-type: none"> <li>• Spicy foods</li> <li>• High sugar foods and beverages: chocolate, honey, jams/jellies, licorice pop, sweetened beverages, juice Gatorade, other fruit drinks, alcohol and beer.</li> <li>• High fibre foods: nuts, olives, peas, beans, legumes, pickles, popcorn, skins and seeds on fruits and vegetables, whole grain products and dried fruit (see low fibre diet for details)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• High sugar and high fibre foods/beverages</li> <li>• may increase outputs.</li> </ul>
<ul style="list-style-type: none"> <li>• Try to include foods that decrease high outputs including applesauce, smooth peanut butter, bananas, cream of rice, boiled milk, tapioca, rice, weak tea, oat bran, oatmeal, cheese, yogurt, potatoes, matzo, pretzels and barley, rice pudding, Cheerio's</li> </ul>	<ul style="list-style-type: none"> <li>• These foods will help to thicken the stool and slow the movement through the bowel.</li> </ul>
<ul style="list-style-type: none"> <li>• Chew your food very well.</li> </ul>	<ul style="list-style-type: none"> <li>• This will help with digestion of your food to help with absorption of nutrients.</li> </ul>
<ul style="list-style-type: none"> <li>• Eat regular meals. Try eating 6 small meals per day versus 3 large meals.</li> </ul>	<ul style="list-style-type: none"> <li>• This helps to absorb your meals better and helps prevent bloating.</li> </ul>
<ul style="list-style-type: none"> <li>• Add extra salt to your meals or include salty snacks (i.e. chips, crackers etc.).</li> </ul>	<ul style="list-style-type: none"> <li>• Given the loss of salt through the ostomy, you will need extra to help absorb liquids better.</li> </ul>
<ul style="list-style-type: none"> <li>• Try to include a low fibre starchy food (bread, potatoes, pasta, rice) and protein food (peanut butter, eggs, meat, fish, cheese) at each meal and snack.</li> </ul>	<ul style="list-style-type: none"> <li>• This will help to slow down the digestion of food through the bowel allowing more time for your body to digest and absorb.</li> </ul>
<ul style="list-style-type: none"> <li>• Some people find it helpful to decrease the amount of lactose in their diet such as milk, yogurt, ice cream and other dairy products. Try restricted lactose beverages such as "Lactaid" if you find regular milk increases your outputs</li> </ul>	<ul style="list-style-type: none"> <li>• The lactose sugar found in milk can sometimes cause higher outputs and bloating.</li> </ul>

<ul style="list-style-type: none"> <li>Separate solids from liquids: wait 30-45 minutes before or after eating to have your fluids. Limit fluids with meals to only sips and have no more than 125ml (1/2 cup) in total per meal.</li> </ul>	<ul style="list-style-type: none"> <li>This helps to slow down the movement of food through the bowel to allow for better absorption of nutrients.</li> </ul>
<ul style="list-style-type: none"> <li>Limit your intake of all other types of fluids each day including water, tea, coffee and milk to less than 500ml (2 cups) per day. Drink oral rehydration solutions throughout the day. (recipes for oral rehydration solutions are below)</li> </ul>	<ul style="list-style-type: none"> <li>Water, tea and coffee can increase your output. Oral rehydration solutions will help to replace the fluid and minerals (sodium and potassium) lost in high outputs to prevent dehydration and help absorb the fluid.</li> </ul>

**Oral Rehydration Solutions:**

(Recommended if outputs are greater than 2L per day)

**Commercial brands include:** Gastrolyte, Pedialyte and Ceralyte

**Homemade Recipes:**

- 2 cups (500ml) of Gatorade
- 2 cups (500ml) water
- 1/2 tsp salt

**Mix above ingredients and drink.**

- 4 cups (1000ml) water
- 8 tsp (40mls) sugar
- 1 tsp (5ml) salt
- 1 cup (250ml) orange juice

**Mix above ingredients and drink.**



If you have any questions or concerns, please contact your Dietitian:

**Name:** \_\_\_\_\_

**Number:** \_\_\_\_\_

Sources:

- Dietitians of Canada: PEN topic Ostomy
- Dietitians of Canada: Eating Guidelines for People Who Have an Ostomy
- University of Virginia Digestive Health Center
- Hamilton Health Sciences Patient Education
- University of Pittsburgh Medical Center: Ostomy Nutrition Guide
- American Dietetic Association, Manual of Clinical Dietetics 6<sup>th</sup> Ed. 2000
- American Society for Parenteral and Enteral Nutrition: Ileostomy Diet
- Mount Sinai Hospital IBDC- For Caregivers- Care Standards.  
[Http://mtnsinai.on.ca/IBD/patient/nutrition/foods.htm](http://mtnsinai.on.ca/IBD/patient/nutrition/foods.htm)