

Ileostomy Stoplight

What to do and when to call

Recovery Zone: Follow up at next scheduled visit

- **Ileostomy output:**
 - 500-1200 mL in the last 24 hours
 - Thick, like oatmeal
- **Skin around the ostomy/under wafer:**
 - Clear: No redness, wounds, or moisture
- **Can walk**
- **Can eat food, little or no new nausea, no vomiting**
- **Pain is under control**
- **Can care for ostomy: change pouch/wafer, empty often**

Warning Zone: Call if these symptoms do not improve within 12 hours

Dehydration

- **Ostomy output in the past 24 hours:**
 - **Decreasing** less than 500 mL
 - **Increasing** more than 1200 mL
- **Very tired (fatigued)**
- **Thirsty**
- **Dizzy when standing up**
- **Urinating less often than normal**
- **Urine is dark, like black tea**

What to Do

- Prepare and drink rehydration drink, monitor ostomy output. Add foods to thicken output (see nutrition handout).
- Drink 64 oz. of fluid throughout the day, including rehydration drinks.
- Measure ileostomy output when emptying the pouch. Keep track of output and consistency.
- Do **not** drink fluids with meals. Avoid foods that may thin and increase output, such as juice, foods that are high in sugar or fat, caffeine, and alcohol (see handout "After Your Ileostomy").

Food Blockage

- **Belly cramps**
- **Nausea (may have vomiting)**
- **Pain near the stoma**
- **Decreased output, watery, bad smell**
- **Swollen belly**
- **Stoma may be more swollen**

What to Do

- Follow instructions on the ileostomy blockage card. Gently massage around stoma, take a warm bath, drink warm liquids. If the stoma is swollen, cut the wafer opening larger around the stoma. If there is some stoma output and you are not nauseated or vomiting, drink only rehydration drinks or tea.
- Chew all foods well. Avoid foods that can cause blockage (see handout for food list). Slowly start eating high-fiber foods such as whole wheat bread or oatmeal. Add only one new high-fiber food per **day**.

Stoma Skin Issue

- **Skin around stoma is red, painful, moist**

What to Do

- **IMPORTANT:** Call your Ostomy Nurse. Set appointment for skin check on the next clinic day: _____
- Change wafer and pouch on schedule, when there is leaking, or when skin starts to burn or itch under the wafer.
- Every time you change your wafer and pouch, clean your skin well with warm water.
- Lightly dust red skin with ostomy powder. Seal the area with no-sting barrier protection before placing a new wafer.

Medical Alert Zone: Call 206.598.6190 RIGHT AWAY

- **Ostomy appliance will not adhere and is leaking**
- **Skin issues around the stoma and under the wafer**
- **Big changes in how the ostomy looks**
- **Supply issues such as needing to change the ostomy every day**
- **Ostomy output stops, including no gas**
- **You cannot stay hydrated; you feel dizzy or lightheaded when standing or sitting up**
- **Vomit that is green or bloody**
- **Belly pain or cramping that will not go away or is getting worse**