

## Preventing Dehydration with an Ostomy

### **SIGNS YOU ARE DEHYDRATED:**

- \* **Urinating less often**
- \* **Dark, strong-smelling urine**
- \* **Dry mouth or cracked lips**
- \* **Increased thirst or muscle cramps**
- \* **Dizziness or weakness**
- \* **Headache**
- \* **Fast pulse**
- \* **Excessive fatigue**

### **What Is High Ostomy Output?**

A high ostomy output means more than 1,200 mL (5 cups) of fluid in 24 hours. It's usually watery, may require emptying 8-10+ times daily, and can cause pouching issues.

### **Why Hydration Matters**

Dehydration occurs when your body loses more fluid than it absorbs. With high output, you lose water and key electrolytes like sodium and potassium. This can lead to kidney damage and hospital readmission.

### **How Much Should You Drink?**

At least 8 cups (64 oz / 2 liters) daily

Increase intake if you have high output, are in hot/dry climates, sweating, or exercising

## **What to Drink**

Sip fluids slowly and frequently

Choose drinks with sodium, potassium, and small amounts of sugar

Add salt to meals or eat salty snacks

Avoid excess fluid intake during meals

## **Good Beverage Choices:**

Gatorade G2 or Gatorade Zero

Tomato or V8 Vegetable Juice

Diluted juice (half juice, half water)

Broths and soups

Oral rehydration solutions

Ensure (high protein, low sugar)

## **Homemade Rehydration Recipes:**

### **WHO Solution:**

- 1 liter water
- 1/2 tsp table salt
- 1/4 tsp salt substitute
- 1/2 tsp baking soda
- 2 tbsp sugar
- Optional: flavor with Crystal Light or Mio

### **Other Options:**

#### **Orange Juice Base:**

3/4 tsp salt

8 tsp sugar

1 cup unsweetened orange juice without pulp

4 1/2 cups of water

### **Gatorade Base:**

Choose any flavor, except red

2 cups Gatorade

2 cups water

1/2 tsp salt

### **Grape Juice Base:**

1/2 cup juice

3 1/2 cups water

1/2 tsp salt

### **Apple Juice Base:**

1 cup of juice

3 cups of water

1/2 tsp salt

- Gatorade G2: 4 cups + 1/2 tsp salt

- Tomato Juice: 2½ cups + 1½ cups water

- Juice-Based: ¾ cup juice + 3¼ cups water + ¾ tsp salt

### **What to Avoid**

#### **Avoid sugary drinks:**

Regular Gatorade, soda/pop

Fruit drinks, prune juice

Alcohol and sugary mixed drinks

High-protein drinks with added sugar

Sugar-free items with sorbitol, mannitol, or xylitol

**Limit to 2 cups/day if output is high:**

Water

Caffeinated drinks (coffee, tea, soda)

Milk (try lactose-free if needed)

**Replenish Lost Electrolytes**

Replace sodium with salty foods/snacks.

Replace potassium with bananas, oranges, potatoes, or coconut water.

Consult your doctor if on a restricted diet.