Hydration and Output Tracker

A week at a glance, especially with an ileostomy

Water that stays with you

Add a small pinch of unrefined mineral salt and a squeeze of lemon or lime to water. The salt helps the body absorb the water and hold on to it, and the citrus makes it easier to drink. Told to limit salt? Keep the citrus and ask the care team about salt. On high-output days, the oral rehydration drink the care team recommends comes first.

Day	Drinks (cups)	Salt + citrus	Empties	Output type	Urine color	How I feel

Signs to watch

- Urine dark yellow or less often than usual, a dry mouth, or feeling tired and dizzy: drink more and tell the nurse.
- Emptying the pouch much more often than usual, or watery output for more than a day: call the care team.
- Dizziness with a racing heart or little dark urine: call now or go to the ER.

Go one step deeper with My Ostomy Blueprint

A personal plan written from your own story. Scan the code or visit **stomastifler.com/my-ostomy-blueprint**

Educational information only, not medical advice. Your ostomy nurse knows your situation best.