

Stoma and Urinary Output Tracker

For the first two weeks at home after your surgery, you need to measure your stoma and urine output. You will be given a urinal and a collection 'hat', or graduated cylinder, to bring home. You can use either of these collection devices; your hospital nurse will work with you to help you decide which device or devices work best for you.

Empty the stool and urine into the container, write down the amount and then dump the output into the toilet.

The forms are attached to this information sheet, should you need additional stoma and urinary output tracker sheets go to www.ostomy.....edu *Need Link*

Your Daily Stoma and Urinary Output Patient Tracker: Every Time You Go to the Bathroom

- Write down the amount of stoma output and the circle the consistency. Consistency is what your stoma output looks like such as watery, like applesauce or like oatmeal.
- Write down the amount of your urine and the color that best describes your urine.

24-Hour Stoma Tracker: At the End of the Day

- Add up the total amount of stoma output and write the number on the 24-hour Stoma and Urinary Tracker. Circle the consistency that best describes your average stoma output during the day.
- Add up the total amount of urine output and write the number on the 24 hour Stoma and Urinary Tracker. Circle the color that best describes your average urine output.
- Keep track of your stoma and urine output even when you go to a public restroom, if you empty your pouch when the stool is up to the printed letters on the pouch that is approximately 200 ccs. That will allow you to estimate the amount of stoma output. It will not be possible to measure your urinary output when outside of your home but you can guess at the amount or put down how many times your emptied your bladder when out.

*****Bring the 24 Hour Stoma and Urinary Tracker to the clinic for your first post-operative ostomy visit. This will help us understand how your stoma is working and if you are running the risk of dehydration.***

