



High output ileostomy

- Watery stoma output >1.2-1.5 litres per 24 hours may result in dehydration and electrolyte imbalance.
- If you feel dizzy, light-headed, headache, have a dry tongue/mouth, have concentrated urine you may be dehydrated.
- You will need to eat foods high in salt including potato crisps, pretzel crisps, packet or canned soup, add extra salt to meals and drink electrolyte drinks (Gatorade/Powerade/Hydrolyte) or St Marks solution.
- Try eating foods that will help thicken your stoma output.
- If ongoing watery output continues discuss the use of psyllium husks/Metamucil or Gastrostop/Loperamide with your surgeon, STN, or doctor.
- Seek urgent medical assistance if symptoms persist.

St Mark's Solution/Oral rehydration solution

- 20g / 6 teaspoons glucose powder
- 3.5g / 1 level teaspoon table salt
- 2.5g / heaped $\frac{1}{2}$ teaspoon baking soda
- 1 litre cold water
- Dissolve all ingredients in cold water, sip throughout the day.
- Store in fridge for 24 hours maximum
- This solution may taste salty, to improve the flavour store in the fridge and sip chilled fluid through a straw.
- Add a splash of juice or cordial when making the solution, ensure no more than 1 litre of fluid is used to keep the same salt concentration.

DISCLAIMER: This advice is to be used as a general guide only. If you require specific dietary advice, please discuss with your STN, doctor or dietitian.

If you have any ongoing or new concerns, please contact to book a further review.
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