

Intake/output diary

How to use this form:

- Complete the intake/output tracking chart for _____ weeks after discharge from the hospital.
- Throughout the day, keep track of how much liquid you drink and how much stool you produce. Also keep track of how many times you urinate (void) and the urine color.
- Don't record intake of solid or semi-solid foods (for example, yogurt).
- At the end of the day, compare your intake and output. If your output is more than your input, increase your intake per physician guidelines.
- If your stool output is ever less than _____ or more than _____ in 24 hours, call your doctor's office during daytime hours.
- If your urine color is amber or dark yellow, drink more fluids.
- If your urine is cloudy, has a dark yellow color, and/or it has a strong odor, call your doctor's office during daytime business hours.
- Relay this information to your Stomal Therapy Nurse.

Estimating drinking glass contents



Estimating ostomy pouch contents



Intake			Output				
Date	Time	Millilitres of liquid	Date	Time	Millilitres of stool	Voiding count	Urine colour

Date	Total Intake	Total Output

For any questions or concerns, contact your Stomal Therapy Nurse or Coloplast's Consumer Care team on **1800 431 297** or aucare@coloplast.com

ⓘ Always read the label and follow the directions for use. Prior to use, be sure to read the Instructions for Use for Information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.