Dehydration and Ileostomy

Patients with ileostomy are at particular risk of developing dehydration. Dehydration in this population is the top cause of readmission in the CRS population. Patients at special risk are those taking diuretics and those having a new ileostomy in the hot summer months. Ileostomy outputs greater than 1500cc per day suggest a risk for dehydration though it can happen to patients with outputs less than this. It may be mitigated by:

- Educating the patient on need for large amounts of water intake (>64 ounces per day)
- Avoiding caffeinated beverages
- Use of anti-diarrheals in sufficient doses to keep output under 1200cc per day
  - Lomotil
  - Imodium
- Instructing patient on signs and symptoms of dehydration
  - Fatigue
  - Rapid heart rate
  - Lightheadedness or dizziness
  - Dry mouth
  - Myalgia

Also see: Stomas

Reference (attached)
