

# My Action Plan to Prevent Dehydration - Ileostomy

Name \_\_\_\_\_ Date \_\_\_\_\_

**Please bring this plan and a list of your medicines to each health provider or emergency room visit.**

**Dehydration** happens when your body loses too much fluid. This might happen when you do not drink enough fluids, or you lose large amounts of fluids from your ileostomy. **Dehydration** is one of the most common reasons to return to the hospital after surgery and can be life-threatening.

## Things I will do each day

- Keep track of fluids in and fluids out.
- Weigh myself daily and write it down.
- Take my medicine and eat foods the way my provider and I discussed.
- Drink at least 8 to 10 cups of liquid every day.
- Drink fluids that are good for me, like water, juice, tea, diluted sports drinks, bouillon, and tomato vegetable juice. No caffeine or alcohol; limit high sugar drinks.
- Always carry a drink with me and sip fluids throughout the day.

## I feel normal for me

- I am able to do my normal activities around home.
- I am able to walk normally for me.
- The fluids I drink or eat are about the same as the amount of fluids out in my urine and stool.
- My urine is light yellow in color.
- My stool is thick, like pudding.
- My weight is within 2 pounds of my last weight.

## CAUTION – I need to take action

### I FEEL WORSE

- I am not feeling well. I feel tired or weak.
- I feel dizzy or lightheaded.
- My thinking is not clear.
- My urine is darker yellow in color.
- My mouth feels dry.
- The fluids I drink or eat are much less than the fluids out in my urine and stool.
- My stool is liquid and not thick.
- I have lost 2 or more pounds.

### ACTION

**Call my health provider:**

**Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

- Use **Home Oral Rehydration Recipe** as discussed with my health provider: 2 Tablespoon of sugar and ½ teaspoons of salt mixed with 1 quart water; add any flavorings
- **Eat foods to thicken stool** as discussed with my health provider (bread, pasta, bananas, rice, pretzels, peanut butter)
- Use **medications to thicken stool** as ordered by my health provider (Imodium, Lomotil, fiber supplements)

## DANGER – I will take action immediately

### I FEEL MUCH WORSE

- I feel sick or have flu-like symptoms. I feel weak, dizzy, or nauseated. I am vomiting or have a fever.
- I am unable to eat or drink.
- I am feeling confused.
- I have cramps in my belly or legs.
- I have less frequent urination.
- My urine is dark colored.
- My mouth and tongue feel dry.
- The fluids I drink or eat are much less than the fluids out in my urine and stool or vomit.
- I have a large amount of watery stool.

### ACTION – I will CALL 911

**I will get help right away.**

**I will call my health provider:**

**Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**I WILL NOT** drive myself.

I will call a friend or family member to drive me to get the care I need.

# Fluid and Weight Diary

Measure and record on this sheet.

Note: Fluids includes drinks, frozen treats and gelatin.