



**GENERAL SURGERY**  
**Division of Colorectal Surgery**

**Dehydration Prevention Teaching**  
**(for Total Colectomy with loop ileostomy, Total Colectomy with Ileal Pouch or Proctocolectomy/Ileostomy)**

After discharge from your operation, please record your liquid intake, stool output and urine output each day until the first post operative appointment. Note the following:

**AT LEAST TWO measuring devices will be provided to you upon discharge:**

*For males:* urinal and a white “hat” for stool AND two graduated triangular containers.

*For females:* two white “hats”, one for urine, one for stool AND two graduated triangular containers.

**If you do not receive these items, please ask for them!**

You can use a household measuring cup as well. One 8 ounce cup is equal to 240cc.

❖ **Liquid intake ----Drink 1500cc more than stool output daily.**

- All liquids should be recorded in “cc” or “ml” which are the same.
- Best choices are Gatorade or sport drinks, juices, tea (non-caffeine drinks only), protein drinks like boost/ ensure/ carniation instant shakes.
  - Ounces can easily be converted to cc’s or ml. by multiplying by 30  
(1 ounce = 30cc or 30ml).
  - Remember to read the cc or ml on a liquid container label to help you.

❖ **Ileostomy/stool output**

- Should be like oatmeal consistency.
- About 4-5 cups a day (Same as 1000cc or 1 liter, up to 1500cc a day)

If the ileostomy output becomes thin like water, add **BREAD, PASTA, POTATOES, BANANAS or RICE** to your diet to thicken the output. You may have been instructed to take some medications like Protonix, Zantac, a fiber supplement, cholestyramine (Questran) or Imodium to thicken your stool.

If your stool output is less than 300cc in a day your stool may be too thick so contact the office to adjust your medications and diet.

❖ **Urine output (indicates how much fluid the body is absorbing)**

- Should be pale yellow (if it is more amber, you need to drink more)
- About 4 cups every 24 hours (Same as 1000cc)

**Signs of Dehydration:**

- Dizziness or lightheadedness or nausea
- Dark yellow or amber colored urine/ less than 1000cc in 24 hours or 500cc in 12 hours.
- Stool output greater than 1000-1500cc in 24 hours or 500-750cc in 12 hours.

**If you experience signs of dehydration, you need to drink more fluid and call the office immediately, you may require intravenous hydration or medication adjustment.**

(734) 763-9641 or (734) 647-9710 Clinic PA-C weekdays, 8 AM to 4PM

(734) 936-6267 After hours, holidays, or weekends, ask for the “GSE resident” on call.



**REMEMBER:** Ounces can easily be converted to cc's by multiplying by 30  
 (1 ounce = 30cc)

**AND...**read labels. They often have "ml's" listed. (ml = cc)

Liquid or Volume Measures (approximate) <b>cc=ml</b>			
1 teaspoon		1/3 tablespoon	5 cc
1 tablespoon	1/2 fluid ounce	3 teaspoons	15 cc
2 tablespoons	1 fluid ounce	1/8 cup, 6 teaspoons	30 cc
1/4 cup	2 fluid ounces	4 tablespoons	60 cc
1/3 cup	2 2/3 fluid ounces	5 tablespoons & 1 teaspoon	80 cc
1/2 cup	4 fluid ounces	8 tablespoons	120 cc
2/3 cup	5 1/3 fluid ounces	10 tablespoons & 2 teaspoons	160 cc
3/4 cup	6 fluid ounces	12 tablespoons	180 cc
7/8 cup	7 fluid ounces	14 tablespoons	210 cc
1 cup	8 fluid ounces/ 1/2 pint	16 tablespoons	240 cc
2 cups	16 fluid ounces/ 1 pint	32 tablespoons	480 cc
4 cups	32 fluid ounces	1 quart	960 cc

