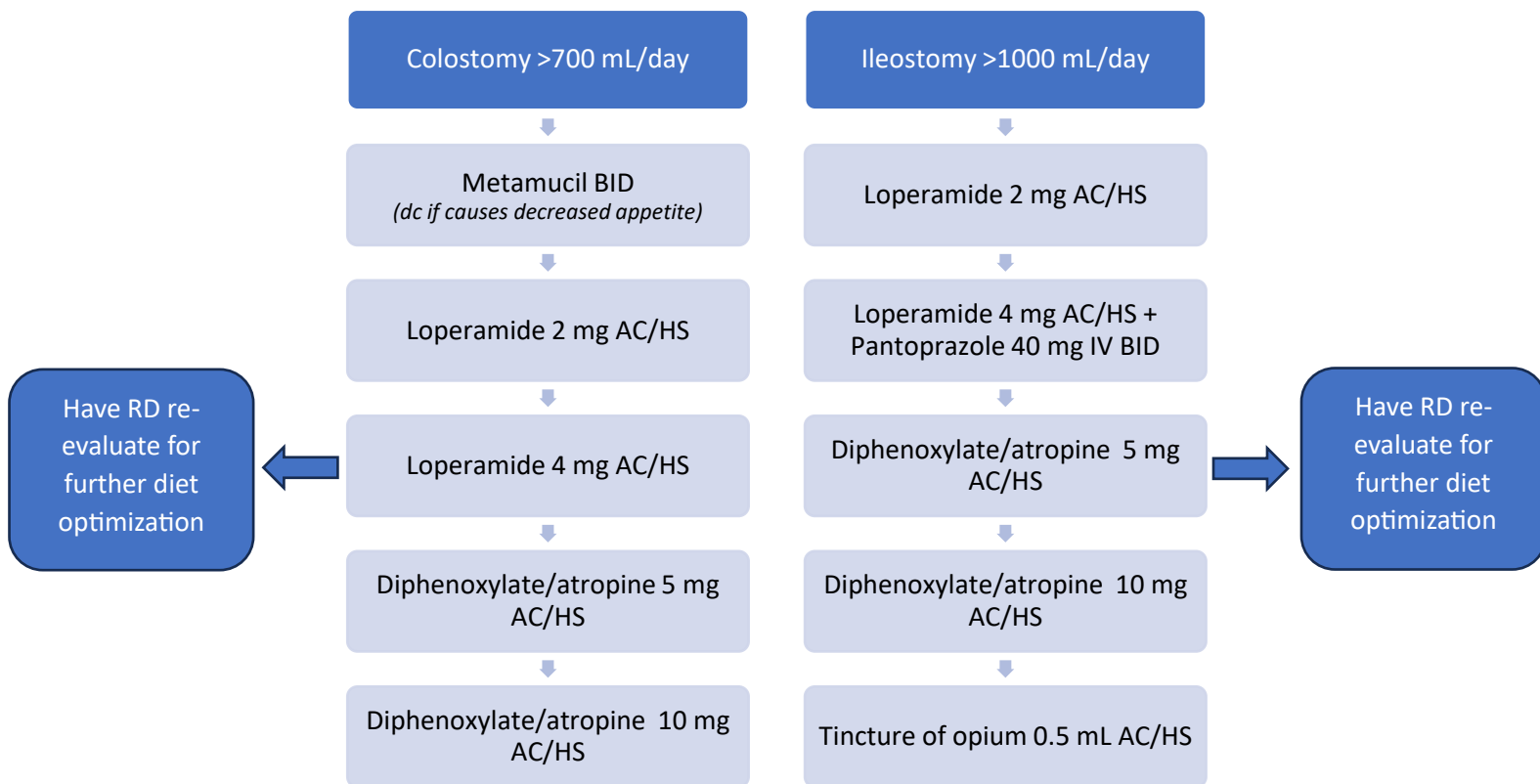


## Management of High Ostomy Output

### I. Patient receiving an oral diet or bolus tube feedings via enteral access

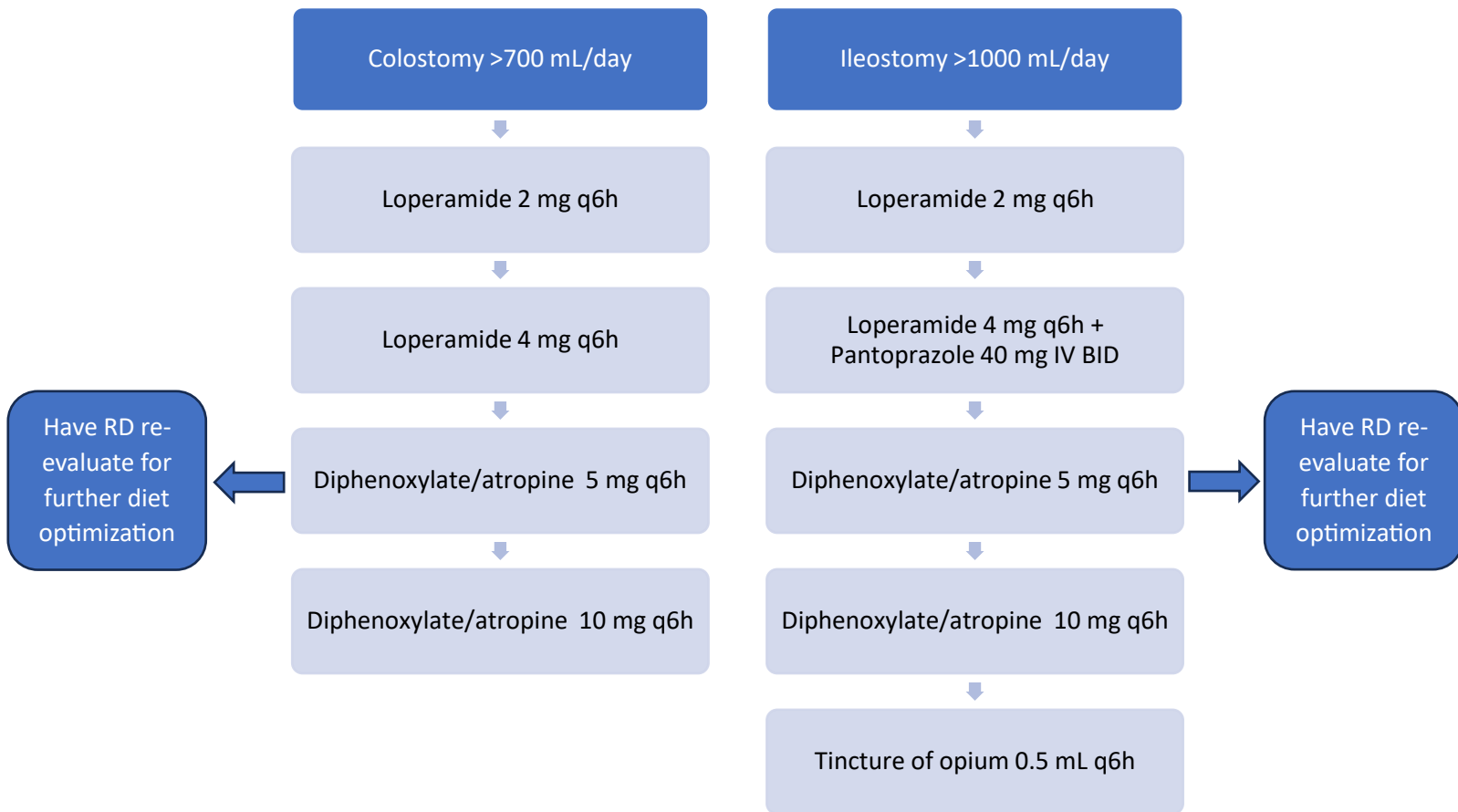
- Confirm all oral bowel regimen is discontinued.
- Applies regardless of length of small bowel remaining
- Ensure patient is not receiving high sugar containing drinks, sugar alcohol drinks
  - Sport Electrolyte Drinks, Sweet Tea, Cola Drinks
- Ensure strict intake and output is being recorded (including all PO/enteral intake)
- Change to carbohydrate restricted diet
- Change liquid medications to tablets/capsules (if able)
- Order replacement fluids
  - 1:1 replacement IVF q4h prn for UOP <0.5 mL/kg/hr or s/sx of dehydration
- Assess need for PN in patients who have high output for >1 week and with documented protein calorie malnutrition by Registered dietitian



If output remains above goal for >48h, move to the next step.

**II. Patient receiving continuous enteral nutrition via enteral access (DHT/Gastrostomy/Jejunostomy):**

- Confirm all oral bowel regimen is discontinued.
- Applies regardless of length of small bowel remaining
- Ensure patient is on a standard polymeric tube feed (i.e., Replete, Isosource, or Nutren)
  - Consider transition to bolus tube feedings (if able)
- Change liquid medications to tablets/capsules (if able)
- Order replacement fluids if necessary
  - 1:1 replacement IVF q4h prn for UOP <0.5 mL/kg/hr or s/sx of dehydration
- Assess need for PN in patients who have high outputs for >1 week and with documented protein calorie malnutrition by Registered dietitian



If output remains above goal for >48h, move to the next step.

**\*\*If output remains high after 48h on maximum therapy, discuss further steps of escalation with attending.**

## **References:**

Parrish CR, Copland A. Enteral nutrition in the adults short bowel patient. *Pract Gastroenterol*. 2021. 36-51.

Kumpf VJ. Pharmacologic management of diarrhea in patients with short bowel syndrome. *J Paren Enter Nutr*. 2014;38(Suppl 1): 38S-44S.

Bridges M, Nasser R, Parrish CR. High output ileostomies: The stakes are higher than the output. *Pract Gastroenterol*. 2019: 20-33.

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*1/24/24*