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 urine 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 urine 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 WOC nurse, physician, home health nurse or MD; or bring to your outpatient follow up visit.

| Date | Total intake | Total output | |
|------|--------------|--------------|--|
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Estimating drinking glass contents









Juice Small alass glass

Medium glass

Large alass

Estimating ostomy pouch contents



| Intake | | | Output | | | | | |
|--------|------|------------------|--------|------|-----------------|---------------|-------------|--|
| Date | Time | Ounces of liquid | Date | Time | Ounces of urine | Voiding count | Urine color | |
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Questions?

If you have any questions, please contact the Coloplast Care Team at 1-877-858-2656. Coloplast does not practice medicine. The recommendations and information in this material are not medical advice. Contact your healthcare professional for personal medical advice or diagnosis. IF YOU THINK YOU HAVE A MEDICAL EMERGENCY, CALL 911

