



We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤکرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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# High Output Ileostomy Regime

## Stoma Care, General Surgery



# High Ileostomy Output Regime

Take your 4mgs of Loperamide tablets 4 times a day, 45 minutes before meals, and at night, or as otherwise directed. It is important to take these tablets before meals. If you are not taking regular meals, take the dose with a small drink. If you are in hospital ask your nurse for these, as the timing may not coincide with the ward drug round.

Avoid fluids by mouth (except to take tablets), 45 minutes before, during and after meals.

Drink 1 litre of one of the solutions (*see below*) and up to 800mls (4cups / glasses) of other fluids, i.e. 'Sports' drinks. Avoid drinking water. Tea or coffee may increase your output due to the caffeine content.

**Diet:** Eat a diet high in 'stodge' and low in fibre, e.g. white bread, rice, mashed potatoes, pasta, ripe bananas, smooth peanut butter, crisps, jelly babies, marshmallows.

Remember to add salt to your food or when cooking (1 teaspoon in 24hrs).

## Oral Rehydration Solutions (ORS)

### Oxford recipe

200mls squash  
(not low sugar)  
1 level teaspoon salt  
Dilute with water to  
make 1 litre

### St. Mark's recipe

20g (6 heaped teaspoons) glucose powder  
3.5g (1 level teaspoon) salt  
2.5g (1 heaped ½ teaspoon) sodium bicarbonate  
Made up to 1 litre water  
Above ingredients available from any pharmacy.

May be more palatable if chilled

## Contact Numbers for Stoma Nurses

Direct line (answerphone): **01932 722636 / 723709**

St. Peter's switchboard: **01932 872000** and ask the operator to page us on the following numbers:

Sarah James-Reid	<b>8857</b>
Carol Katté	<b>8464</b>
Sally Tyte	<b>8746</b>
Helen Pearce	<b>8854</b>

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## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email [pals@asph.nhs.uk](mailto:pals@asph.nhs.uk). If you remain concerned, PALS can also advise upon how to make a formal complaint.

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