

High Stoma Output - Summary Clinical Guideline

Reference No.:CG-GASTRO/2023/023

Defined as:

Stoma output >2000ml/day or
Causing negative fluid balance or
Problems with stoma bag

Exclude:

- Short bowel
- Abdominal sepsis
- Intermittent obstruction
- Drugs (prokinetics, opiate withdrawal)
- Primary or secondary adrenal insufficiency
- Internal fistula
- Recurrent disease; tumour/radiation/IBD
- Enteritis; c diff

Treatment:

Fluid management

- Do NOT encourage water drinking
- Replace losses intravenously see table below*
- Hypotonic (normal) fluids restrict to 1 L /day
- Hypertonic fluids restrict to 1L/day (E-mix/ St Mark's)

Drugs

- Loperamide: 2- 8mg qds, open capsules, sprinkle on food
- Codeine titrate: 15-60 mg qds
- Omeprazole 40 mg bd
- Magnesium supplements
 - Maalox 20mg tds or
 - Magnaspartate 1-2 sachets bd
 - Magnesium citrate 4-8 mmol TDS
 - iv magnesium sulphate if necessary
- Vitamin D replacement

Diet

- Low residue diet

Monitoring:

- Daily electrolytes, Magnesium, Phosphate and calcium
- Accurate fluid balance chart
- Minimum twice weekly weight
- Baseline and 2x weekly urine sodium
- 3x weekly FBC, inflammatory markers and LFTs

Residual small bowel length <1.5 m
refer to Nutrition team

Refer to ward dietitian

***Table 1 Composition of commonly used intravenous crystalloids (BNF, 2016):**

	Na mmol/L	Cl mmol/L	K mmol/L	HCO ₃ mmol/L	Ca ²⁺ mmol/L	Mg ²⁺ mmol/L	Glucose g	Osm mOsm/L
0.9% Saline	150	150	0 [^]	0	0	0 [#]	0	300
Hartman's	131	111	5	29	2	0	0	278
0.18% Saline/4% dextrose	30	30	0 [^]	0	0	0 [#]	40	
0.45% Saline/5% dextrose	77	77	0 [^]	0	0	0 [#]	50	

[^]20-40 mmol/L as ready prepared bags for ward administration.

[#]can be added by pharmacy, usually 10-20 mmol/L

Table 2 Electrolyte concentration of gastrointestinal secretions (CG174, 2013):

	H ⁺ mmol/L	Na mmol/L	K mmol/L	Cl mmol/L	HCO ₃ mmol/L
Gastric	40-60	20-80	5-20	100-150	
Biliary		120-140	5/15	80-120	30-50
Pancreatic		120-140	5/15	40-80	70-110
Jejunum		140	5	135	8
Established Ileostomy		50-100	4-5	25-75	0-30
Newly formed stoma, high output ileostomy		100-140	4-5	75-125	0-30