

Output Chart

Directions:

1. Measure your input/output 7 times each day for a minimum of 2 weeks (14 days); record weight each AM
2. Measurement times should be consistent throughout (e.g., 8:00 AM- 8:00 PM)
3. Call our office at (703) 280-2841 Option 4, if you have any questions.

Day 1	Time	Oral Intake	Ileostomy Output	Urine Output
____ / ____		<i>Goal: 2000 mls</i>	<i>Goal: < 1200 mls</i>	<i>Goal: > 1500 mls</i>
AM Weight	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
		TOTAL	TOTAL	TOTAL
			Consistency: Liquid/Applesauce/Pudding	
Day 2	Time	Oral Intake	Ileostomy Output	Urine Output
____ / ____		<i>Goal: 2000 mls</i>	<i>Goal: < 1200 mls</i>	<i>Goal: > 1500 mls</i>
AM Weight	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
		TOTAL	TOTAL	TOTAL
			Consistency: Liquid/Applesauce/Pudding	

Day 3	Time	Oral Intake	Ileostomy Output	Urine Output
____ / ____		<i>Goal: 2000 mls</i>	<i>Goal: < 1200 mls</i>	<i>Goal: > 1500 mls</i>
_____	____:____ AM/PM	_____ mls	_____ mls	_____ mls
AM Weight	____:____ AM/PM	_____ mls	_____ mls	_____ mls
	____:____ AM/PM	_____ mls	_____ mls	_____ mls
	____:____ AM/PM	_____ mls	_____ mls	_____ mls
	____:____ AM/PM	_____ mls	_____ mls	_____ mls
	____:____ AM/PM	_____ mls	_____ mls	_____ mls
	____:____ AM/PM	_____ mls	_____ mls	_____ mls
	____:____ AM/PM	_____ mls	_____ mls	_____ mls
		_____ TOTAL	_____ TOTAL	_____ TOTAL
			Consistency: Liquid/Applesauce/Pudding	
Day 4	Time	Oral Intake	Ileostomy Output	Urine Output
____ / ____		<i>Goal: 2000 mls</i>	<i>Goal: < 1200 mls</i>	<i>Goal: > 1500 mls</i>
_____	____:____ AM/PM	_____ mls	_____ mls	_____ mls
AM Weight	____:____ AM/PM	_____ mls	_____ mls	_____ mls
	____:____ AM/PM	_____ mls	_____ mls	_____ mls
Contact FCRS to provide Day 1-3 recordings	____:____ AM/PM	_____ mls	_____ mls	_____ mls
	____:____ AM/PM	_____ mls	_____ mls	_____ mls
	____:____ AM/PM	_____ mls	_____ mls	_____ mls
	____:____ AM/PM	_____ mls	_____ mls	_____ mls
		_____ TOTAL	_____ TOTAL	_____ TOTAL
			Consistency: Liquid/Applesauce/Pudding	
Day 5	Time	Oral Intake	Ileostomy Output	Urine Output
____ / ____		<i>Goal: 2000 mls</i>	<i>Goal: < 1200 mls</i>	<i>Goal: > 1500 mls</i>
_____	____:____ AM/PM	_____ mls	_____ mls	_____ mls
AM Weight	____:____ AM/PM	_____ mls	_____ mls	_____ mls
	____:____ AM/PM	_____ mls	_____ mls	_____ mls
	____:____ AM/PM	_____ mls	_____ mls	_____ mls
	____:____ AM/PM	_____ mls	_____ mls	_____ mls
	____:____ AM/PM	_____ mls	_____ mls	_____ mls
	____:____ AM/PM	_____ mls	_____ mls	_____ mls
		_____ TOTAL	_____ TOTAL	_____ TOTAL
			Consistency: Liquid/Applesauce/Pudding	

Day 6	Time	Oral Intake	Ileostomy Output	Urine Output
____ / ____		<i>Goal: 2000 mls</i>	<i>Goal: < 1200 mls</i>	<i>Goal: > 1500 mls</i>
AM Weight	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
		_____ TOTAL	_____ TOTAL	_____ TOTAL
			Consistency: Liquid/Applesauce/Pudding	
Day 7	Time	Oral Intake	Ileostomy Output	Urine Output
____ / ____		<i>Goal: 2000 mls</i>	<i>Goal: < 1200 mls</i>	<i>Goal: > 1500 mls</i>
AM Weight	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
		_____ TOTAL	_____ TOTAL	_____ TOTAL
			Consistency: Liquid/Applesauce/Pudding	
Day 8	Time	Oral Intake	Ileostomy Output	Urine Output
____ / ____		<i>Goal: 2000 mls</i>	<i>Goal: < 1200 mls</i>	<i>Goal: > 1500 mls</i>
AM Weight	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
		_____ TOTAL	_____ TOTAL	_____ TOTAL
			Consistency: Liquid/Applesauce/Pudding	

Day 9	Time	Oral Intake	Ileostomy Output	Urine Output
____ / ____		<i>Goal: 2000 mls</i>	<i>Goal: < 1200 mls</i>	<i>Goal: > 1500 mls</i>
AM Weight	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
		_____ TOTAL	_____ TOTAL	_____ TOTAL
			Consistency: Liquid/Applesauce/Pudding	
Day 10	Time	Oral Intake	Ileostomy Output	Urine Output
____ / ____		<i>Goal: 2000 mls</i>	<i>Goal: < 1200 mls</i>	<i>Goal: > 1500 mls</i>
AM Weight	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
		_____ TOTAL	_____ TOTAL	_____ TOTAL
			Consistency: Liquid/Applesauce/Pudding	
Day 11	Time	Oral Intake	Ileostomy Output	Urine Output
____ / ____		<i>Goal: 2000 mls</i>	<i>Goal: < 1200 mls</i>	<i>Goal: > 1500 mls</i>
AM Weight	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
		_____ TOTAL	_____ TOTAL	_____ TOTAL
			Consistency: Liquid/Applesauce/Pudding	

Day 12	Time	Oral Intake	Ileostomy Output	Urine Output
____ / ____		<i>Goal: 2000 mls</i>	<i>Goal: < 1200 mls</i>	<i>Goal: > 1500 mls</i>
AM Weight	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
		_____ TOTAL	_____ TOTAL	_____ TOTAL
			Consistency: Liquid/Applesauce/Pudding	
Day 13	Time	Oral Intake	Ileostomy Output	Urine Output
____ / ____		<i>Goal: 2000 mls</i>	<i>Goal: < 1200 mls</i>	<i>Goal: > 1500 mls</i>
AM Weight	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
		_____ TOTAL	_____ TOTAL	_____ TOTAL
			Consistency: Liquid/Applesauce/Pudding	
Day 14	Time	Oral Intake	Ileostomy Output	Urine Output
____ / ____		<i>Goal: 2000 mls</i>	<i>Goal: < 1200 mls</i>	<i>Goal: > 1500 mls</i>
AM Weight	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
	____ : ____ AM/PM	_____ mls	_____ mls	_____ mls
		_____ TOTAL	_____ TOTAL	_____ TOTAL
			Consistency: Liquid/Applesauce/Pudding	