



Hydration

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April 2025

Disclaimer

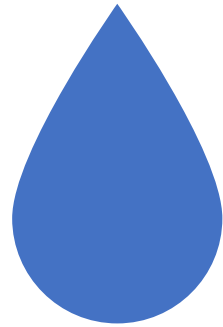
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If there are any images from companies ONL wishes you to understand there is no one product favored over another. All are equally respected.



- Understand the importance of hydration
- Signs and symptoms of dehydration
- Action(s) to correct dehydration

What is Hydration?



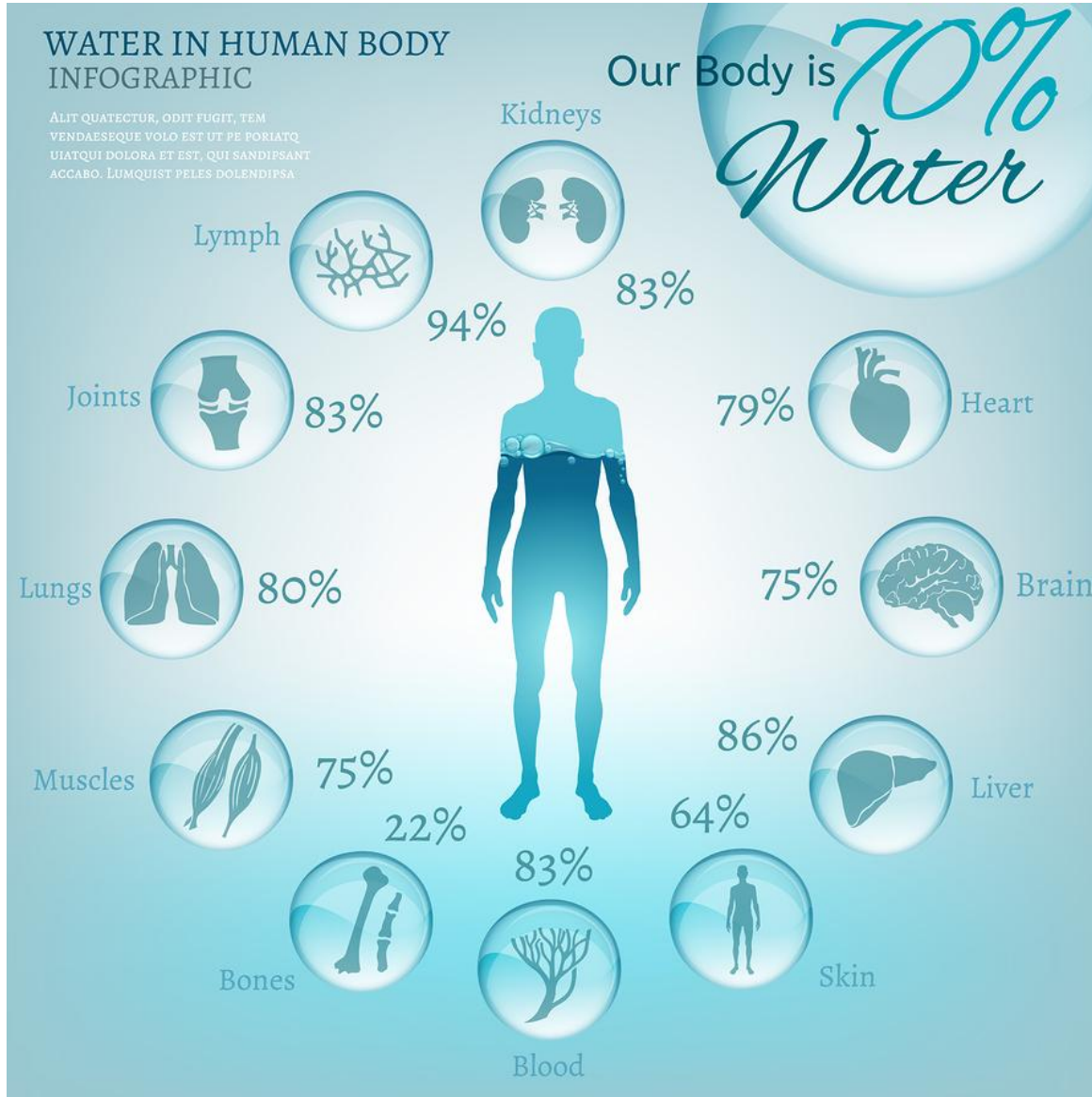
the process of
making your body absorb water or other liquid



Cambridge Dictionary

WATER IN HUMAN BODY INFOGRAPHIC

ALIT QUATECTUR, ODIT FUGIT, TEM
VENDAESEQUE VOLO EST UT PE FORIATQ
UIATQUI DOLORA ET EST, QUI SANDIPSANT
ACCABO. LUMQUIST PELES DOLENDIPSA



Water

Water H₂O is vital for our bodies to function

H₂O lubricates our eyes, nose, mouth
(mucous membrane) lining

H₂O regulates body temperature

H₂O lubricates joints

H₂O helps flush out waste, ↓ the burden on
kidneys

H₂O assists in carrying oxygen & nutrients to
cells of our bodies

H₂O aids in breaking down minerals &
nutrients for the body to use.

A photograph of a balanced rock sculpture on a beach. The sculpture consists of a central horizontal rock balanced on a single vertical rock. To the left of the horizontal rock, three more rocks are stacked vertically. To the right, two more rocks are stacked vertically. The background shows a clear blue sky and the ocean. The text "Fluid Balance" is overlaid in the center, and "Fluids lost = fluids taken into the body" is overlaid below it.

Fluid Balance

Fluids lost = fluids taken into the body



ECCRINE GLANDS

Eccrine glands are the most common and are found all over the surface of the body.

They are most numerous on the **palms of the hands** and **soles of the feet**.

APOCRINE GLANDS

Apocrine glands are common in **armpits** and **groin area**.

Sweat from the apocrine glands does not evaporate as quickly and can lead to foul **body odor**.

Apocrine sweat is often a result of **emotional stress or anxiety**.

**SWEAT
BLOCK**

www.sweatblock.com

Causes of dehydration

High temperature – illness or environment

↓ fluid intake

Heat exposure

Medications (diuretics)

Excessive exercise

Urine infections

Medical procedures – dialysis

How do I know if I am dehydrated?

↑thirst

Dizziness/headache

Dry: lips, mouth, skin

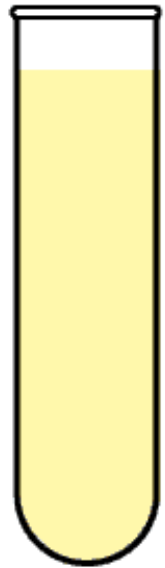
Constipation/↓ urine & darker urine
colour

Nausea/vomiting

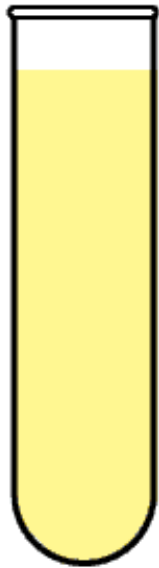
Cramps

Palpitations

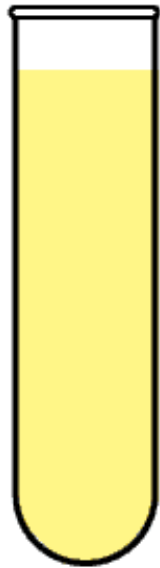
URINE COLOR CHART



HYDRATED



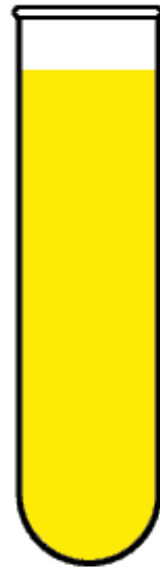
VERY GOOD



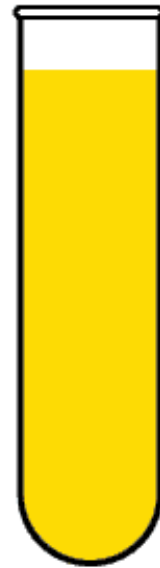
GOOD



FAIR



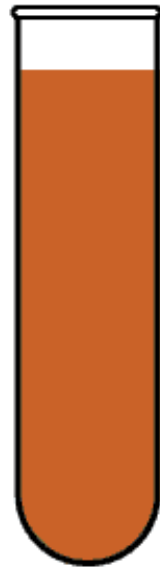
LIGHT
DEHYDRATION



DEHYDRATED



VERY
DEHYDRATED

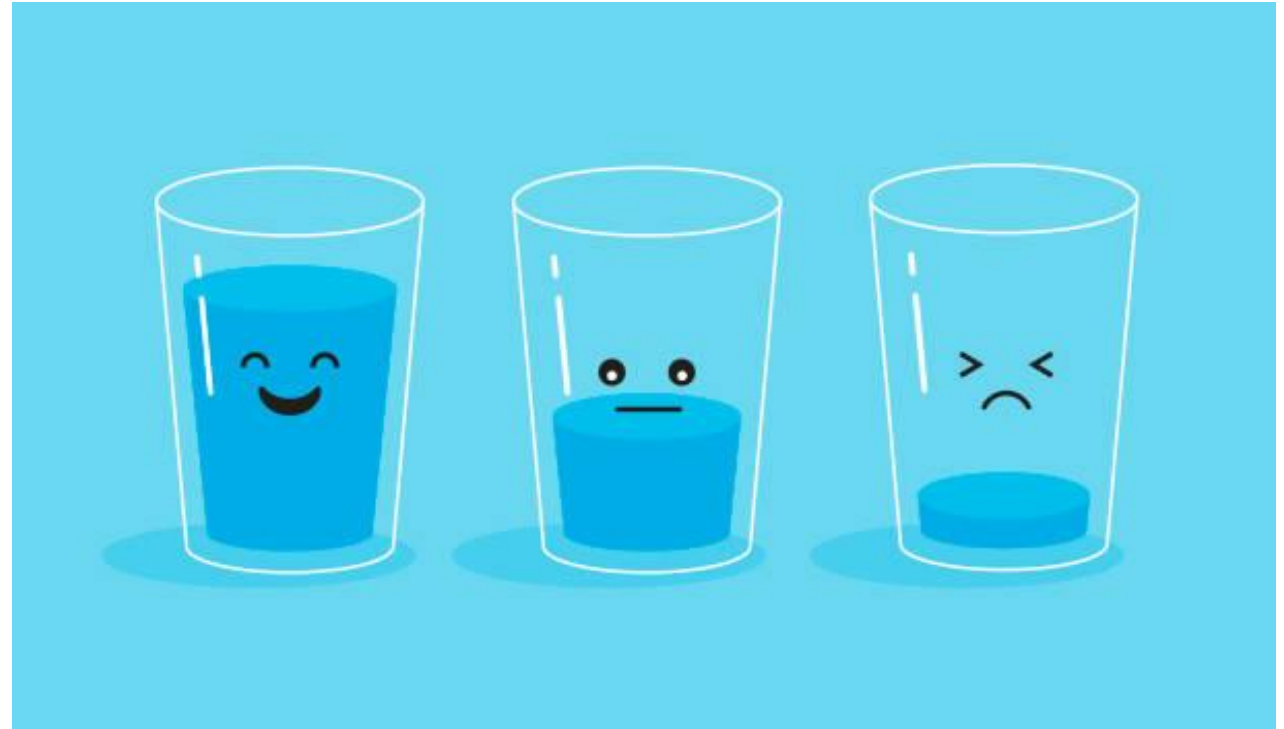


SEVERE
DEHYDRATION

• personally
delivered

Surgery

- *Some* water is absorbed from the small intestine
- **Most** from large intestine
- When a colostomy is created using the large intestine (colon), to divert the removal of waste, water absorption may be limited to the small intestine depending on location, making hydration more difficult
- Formation of an ileostomy is created from the last part of the small intestine. Water absorption limited to the first two parts of the small intestine = quicker dehydration



Prevention of Stomal Dehydration

- Awareness of climate
- Caution when exercising
- Plan ahead listen to weather forecast
- Try to get fluids from ice blocks, frozen drinks
- Avoid alcohol
- Drinking excessive tea, coffee & some soft drinks can add to dehydration
- Drink bottled water in countries where fresh water is not recommended.
- Irrigate with bottled water.





Tips to stay hydrated

- Water alone will not maintain hydration
- NEED electrolytes as these will have salt & healthy carbohydrates
- Consider foods ↑ fluid content
- Watermelon
- Tomatoes
- Cucumber
- Celery
- Lettuce
- Apples
- Yoghurt
- Smoothies

Hints & Tips

Drink slowly = > absorption

Eat first, chew well, then fluids, > fluid retention

Drink little & often

Don't wait until thirsty – one step ahead

Carry a fluid bottle with you so it can be refilled as needed (never assume you'll be able to buy a drink).

Add lemon, lime, mint, cucumber, strawberries or watermelon

Some food & fluids are natural diuretics: alcohol, soda, asparagus, coffee

Watch out for artificial sweeteners e.g. sorbitol may cause diarrhoea

10 TIPS | FOR BETTER HYDRATION

WATER 

ISN'T THE ONLY
THIRST QUENCHER



FOOD
CONTAINS
WATER, TOO



**GOOD
PERFORMANCE**
REQUIRES HYDRATION

TRACK YOUR HYDRATION

STAYING HYDRATED
IS IMPORTANT ON

MANY LEVELS

BEWARE OF

DRINKING TOO
MUCH WATER

Sometimes water isn't enough 

HUNGER

IS A COMMON SIGN OF
DEHYDRATION

THIRST

ISN'T THE ONLY SIGN
OF DEHYDRATION

myfitnesspal

STAYING HYDRATED
AIDS WEIGHT LOSS



What is a healthy amount to drink?

Individual depending on health

Check urine, straw coloured
= healthy

Clear urine may
= overhydration

6-8 glasses/day/2 ls, some people
may need more, some less,
individual



Diarrhoea

- Frequent loose stool
 - More frequent pouch emptying
 - Signs & symptoms of dehydration may follow
 - Persists for 24 hrs
 - Need to contact GP, STN, Surgeon
-
- *Options*
 - Avoid fibre rich food
 - Avoid irritant foods (lactose intolerance)
 - Some bulking agents may help thicken stool – seek advice first
 - Antidiarrhoeals available from the pharmacy – seek advice first
 - Care with medication at these times



Food to help THICKEN stool output

- Applesauce
- Arrowroot
- Pasta - white
- Pancakes - white
- Mashed potato
- Bananas (watch potassium)
- Custard
- Cheese
- Rice – white
- Tapioca
- Marshmallows (put in freezer)

Oral rehydration solution (ORS)

- St Mark's Solution
- Recipe for rehydration solution
- *** **NOTE** always check with your GP as rehydration solutions may not be suitable if you have kidney, heart, diabetes or health issues***
- 1 litre of water
- ½ level teaspoon salt
- ½ level teaspoon of soda bicarbonate
- 6 teaspoons of sugar/glucose powder
- Cordial / fruit drink to taste
- Make one litre & store in the fridge for 24 hrs then discard.

Resources

- Google:
- Nutrition for ostomates.com.au
- “The Nutrition For Ostomates Outreach Program is aimed at providing specialised nutritional support for Ostomates across Australia and further afield. Via this service Ostomates can receive professional support from a qualified Nutritionist that takes into consideration individual issues and circumstances after surgery.”
- AASTN, resources, patient education pamphlets
- AinsCorp, put in hydration
- Coloplast
- Dansac
- Hollister
- ConvaTec
- Omnigon

