Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Liquid Intake and Ostomy Output Log

This log will help you keep track of:

- Your liquid intake (how much you drink)
- Your ostomy output (how much output you have from your ostomy)
- Your urine (pee) color

Keep track of your liquid intake and ostomy output throughout the day. Write down these values in the log at the end of this resource.

- Check the label of bottled and canned drinks to find the number of milliliters (mL).
- Use the measuring pitcher or cup you got when you left the hospital to measure your ostomy output.
- Use milliliters (mL) when writing down your liquid intake and ostomy output in the log. Do not use ounces (oz).

Also keep track of your urine color. This helps us know if you're drinking enough. Write down your urine color (such

as “light yellow,” “straw-colored,” “dark,” or “tea-colored”) in the log.

At the end of the day, add up your total liquid intake and total ostomy output. **Call your healthcare provider if:**

- Your total ostomy output is more than your total liquid intake for the day.
- Your total ostomy output for the day is more than 1000 mL.
- Your urine is dark or “tea-colored.”

If you have any questions or concerns, talk with a member of your care team. You can reach them Monday through Friday from 9 a.m. to 5 p.m. at _____.

Liquid intake and ostomy output log

Bring this log to all your appointments.

Date: _____

Liquid intake		Ostomy output		
Time	Amount (mL)	Time	Amount (mL)	Urine color

Total for the day:		Total for the day:		

For more resources, visit www.mskcc.org/pe to search our virtual library.

Liquid Intake and Ostomy Output Log - Last updated on January 27, 2026

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