

Intake/Output Chart

DATE:	<u>In</u> Food	<u>In</u> Liquid	<u>Out</u> Urine (should be at least 1L (1000mL) over 24 hours)	<u>Out</u> Ileostomy (at most, should be 1.2L (1200mL) over 24 hours)
7am				
8am				
9am				
10am				
11am				
12pm				
1pm				
2pm				
3pm				
4pm				
5pm				
6pm				
7pm				
12 hour total				
8pm				
9pm				
10pm				
11pm				
12am				
1am				
2am				
3am				
4am				
5am				
6am				
24 hour total				

COMPLETED ORS TODAY? (circle one): Yes No