

## **INTAKE AND OUTPUT MEASUREMENT**

### **PURPOSE:**

To maintain an accurate measurement of the resident's intake and output as ordered by the physician to assess fluid balance.

### **EQUIPMENT:**

1. Intake and output record form.
2. Bedpan, urinal and collection device.
3. Graduated container.

THE FOLLOWING RESIDENTS REQUIRE MEASUREMENT AND GENERAL DOCUMENTATION GUIDELINES OF INTAKE AND OUTPUT EVERY EIGHT HOURS, INCLUDING A 24-HOUR TOTAL AND WEEKLY EVALUATION:

1. All residents with indwelling catheter for a minimum of the first 30 days.
2. All residents receiving enteral nutritional therapy. (Intake required.)
3. All residents receiving hypodermoclysis or intravenous feeding.
4. All residents with specific physician's orders for measurement of intake and output.
5. All residents with an order for fluid restriction. (Intake required.)

NOTE: OUTPUT CANNOT BE MEASURED ACCURATELY ON INCONTINENT RESIDENTS WITHOUT INTERNAL OR EXTERNAL CATHETER.

### **PROCEDURE:**

1. Enter resident's name and/or identification on the daily intake and output record and post per facility policy.
2. Measure and record all liquids ingested.
3. Estimate and record all ice and food(s) that become liquid at room temperature.
4. Instruct resident to urinate in bedpan, urinal and specimen container in toilet, and notify nurse. Measure urine and record amount on individual record.
5. If any bleeding, emesis, diarrhea or drainage occurs, measure and record as output.
6. When enteral nutritional therapy, hypodermoclysis or intravenous fluid is administered, record amount on individual record.
7. The intake and output are to be totaled and recorded on the permanent intake and output record every shift.
8. Intake and output are totaled every twenty-four hours.
9. The intake and output is to be evaluated weekly to determine adequacy. If not adequate or if output is more than intake, the physician is to be notified and corrective action taken.