



Top Tips for Heart Failure Patients

- Unless you are advised otherwise, **liquid intake for the day should be about 7-8 mugs** (about 3½ pints/two litres) depending on your size, and would include all liquids such as water, tea, coffee, squash, milk etc.
- If you can, **weigh yourself at the same time every morning**, on the same set of scales, wearing minimal clothes. **Write it down**. Tell your GP if your weight increases by 3-4 pounds (2kg) within 3-4 days

See your GP if you notice any of the following:

- 1) **Your weight increases by 3-4 pounds (2Kg) within 3-4 days** (as this may indicate fluid retention)
- 2) **Increased ankle or leg swelling or new ankle or leg swelling**
- 3) **Waking at night coughing or feeling breathless** or needing more pillows to breathe comfortably in bed
- 4) You are **getting more short of breath** doing things that do not normally make you breathless
- 5) You are having **worsening palpitations** (feeling your heart pounding or beating quickly), **getting dizzy or having chest pain when you are active**
 - **Do not add salt to your food** and avoid foods that have a high salt content. Do not use 'Lo-Salt' or salt substitutes.
 - Visit the nurse at your GP surgery to arrange an **annual flu jab, other recommended vaccinations/boosters** and a once only anti-pneumonia vaccine.
 - Bring all of your tablets (or a list of all medications, with doses) with you to **every clinic visit** or hospital admission
 - **Eat a healthy, balanced diet** with a variety of foods of lots of different colours. If you drink alcohol, drink within recommended limits. If you would like more information ask your Nurse or Doctor for a booklet.
 - **Keep as active as you can**, within your usual capabilities (such as regular walking for 20-30 minutes, five times a week).
 - **Speak to a Doctor or Nurse before stopping any of your tablets**. Do not run out of tablets.

Accessibility

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