



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.

Information for Patients

How to obtain more copies of this leaflet

Copies of this leaflet are available on www.heartsol.nhs.uk

Our commitment to confidentiality

We keep personal and clinical information about you to ensure you receive appropriate care and treatment. Everyone working in the NHS has a legal duty to keep information about you confidential.

We will share information with other parts of the NHS to support your healthcare needs, and we will inform your GP of your progress unless you ask us not to. If we need to share information that identifies you with other organisations we will ask for your consent. You can help us by pointing out any information in your records which is wrong or needs updating.

Additional Sources of Information:

Go online and view NHS Choices website for more information about a wide range of health topics <http://www.nhs.uk/Pages/HomePage.aspx>

You may want to contact our Health Information Centre:

by email: healthinfo.centre@heartofengland.nhs.uk.

Dear Patient

We welcome your views on what you thought of this patient information leaflet, also any suggestions on how you feel we can improve through our feedback link below:

- Patient Information Feedback email: patientinformationleafletfeedback@heartofengland.nhs.uk

If you wish to make any other comments this can be done through the links listed below:

- Patient Opinion: www.patientopinion.org.uk
- I want great care: www.iwantgreatcare.org (Here you can leave feedback about your doctor)

Be helpful and respectful: think about what people might want to know about our patient information and this hospital and how your experiences might benefit others. Remember your words must be polite and respectful, and you cannot name individuals on the sites.

If you have any questions you may want to ask about your condition or your treatment or if there is anything you do not understand and you wish to know more about please write them down and your doctor will be more than happy to try and answer them for you.