

What is a fluid?

Any food or drink that is liquid at room temperature. This includes water, ice, milk, juices, soft drinks, hot drinks, alcohol, soups, gelatin desserts, ice cream, popsicles, and liquid nutrition supplements (like Ensure® or Boost®).

Why do you have to limit fluid?

When you have heart failure, fluid can build up and causing swelling in your feet, legs or belly making your heart work harder. Fluid can also build up in your lungs, which may cause you to have trouble breathing.

How much fluid can you drink in a day?

You may need to drink less fluid if your body is holding onto water. This can happen if your water pills (diuretics) do not work well enough.

Guide to Fluid Measures:

2 tablespoons	=	30 ml	=	1 ounce
1 cup/ 1 glass	=	250 ml	=	8 oz
1 pint	=	500 ml	=	16 oz
1 liter or quart	=	1000 ml	=	32 oz
2 liters	=	2000 ml	=	64 oz

How do you know when you have too much fluid?

To keep track of whether your body is holding on to too much fluid, weigh yourself every day.

Measure your Weight:

- Measure your weight every day as soon as you wake up.
- Measure **after** you have gone to the bathroom **and before** you eat or drink anything.
- Wear the same amount of clothing each time.
- Use the same scale.
- You can use pounds (lbs) or kilograms (Kg) to measure your weight; whichever you are most comfortable using.

You are holding on to too much fluid

Your weight increases by more than 4 lbs (2kg) in two days. **OR** Your weight increases by more than 5lbs (2.5kg) in a week.

when:

Call your healthcare provider right away if you are holding on to too much fluid.





Tips for reducing your fluid intake

- Use smaller cups and glasses.
- Measure the amount of fluid your mugs and glasses hold. They may measure more than 250 ml or 8 ounces!
- Sip your fluids slowly.
- Write down the amount you drink each day until limiting your fluid becomes a habit.
- Sip your fluids throughout the day.
- You may find it easier to use a reusable water bottle. Measure how much the bottle holds so you know exactly how much water you are drinking.
- Drain the fluid from canned fruit.
- Be aware of foods with high water content like watermelon, yogurt, and pudding.
- If you can, swallow your pills with soft food like yogurt or porridge.
- Limit the amount of sodium you are consuming by avoiding processed foods and drinks.
- Try not to eat sweet foods. They can make you thirsty. If you have diabetes, controlling your blood sugar also helps control your thirst.
- Try not to drink alcohol. Alcohol dehydrates your body and makes you thirsty.

Tips for dealing with thirst

- Rinse your mouth with water often, but do not swallow.
- Brush your teeth often.
- Use a mouth wash. However, do not use a mouth wash that contains alcohol. They tend to dry out your mouth.
- Snack on a small piece of cold or frozen fruit such as a frozen grape or cold orange slice. Try cold crisp vegetables too.
- Chew sugar-free gum.
- Suck on a lemon wedge, lemon candy, or sour candy.
- Use lip balm to keep your lips from drying out.
- Do not overheat your home. Consider using a humidifier to increase the moisture in the air.
- Ask your pharmacist about gels or sprays that can add moisture to your mouth.

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