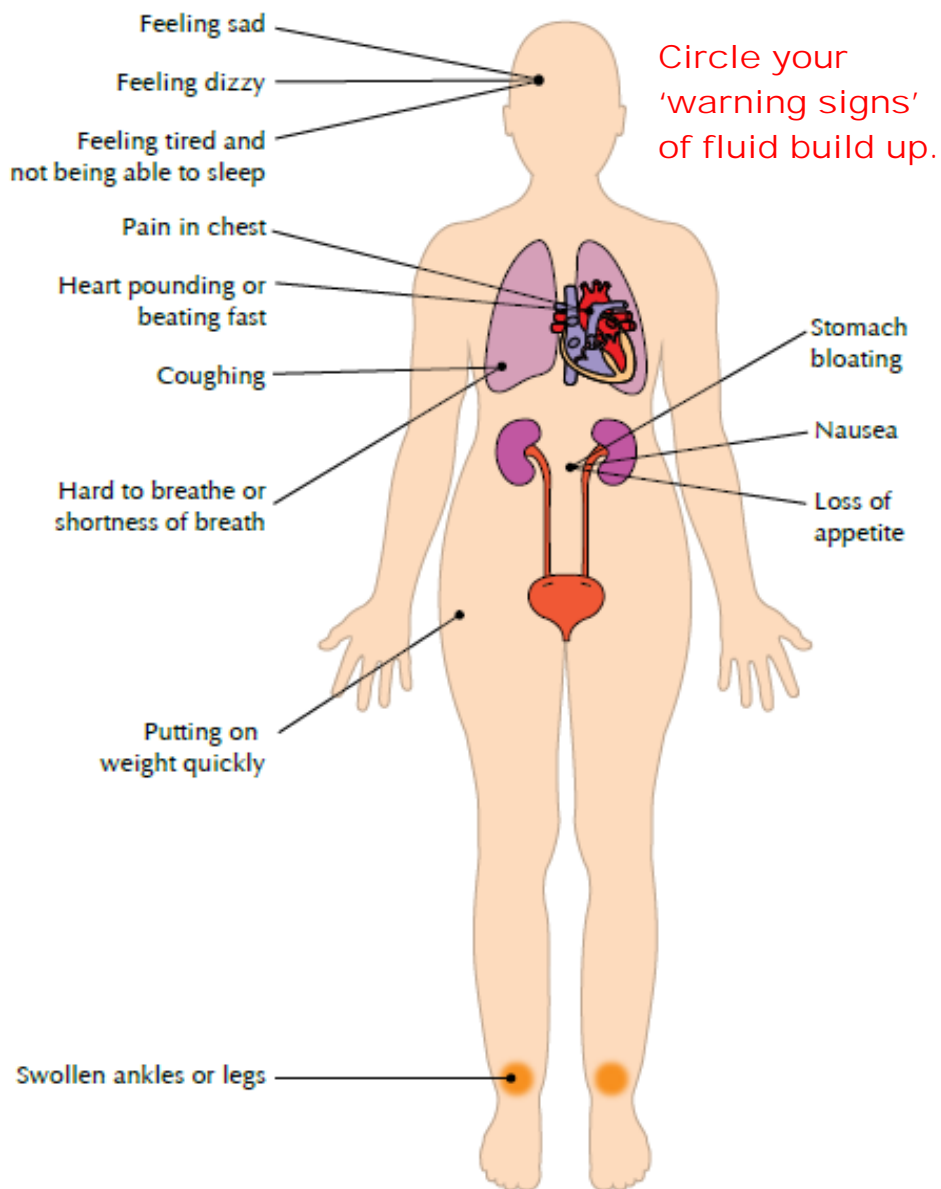


# Fluid Build Up

**Heart Failure Service  
The Prince Charles Hospital**



# How does heart failure make you feel?



How much do you weigh when you feel well? \_\_\_\_\_

How much do you weigh when you feel unwell? \_\_\_\_\_

## Managing your Heart Failure

1. Weigh yourself daily & write it down to monitor for sudden increase in weight.



*If your weight goes up or down by 2kg in 2 days*

2. Keep an eye on your breathing, sleeping and any swelling in your ankles, feet, legs and stomach.



*If you notice any breathing difficulty or swelling which is new or worse than usual*

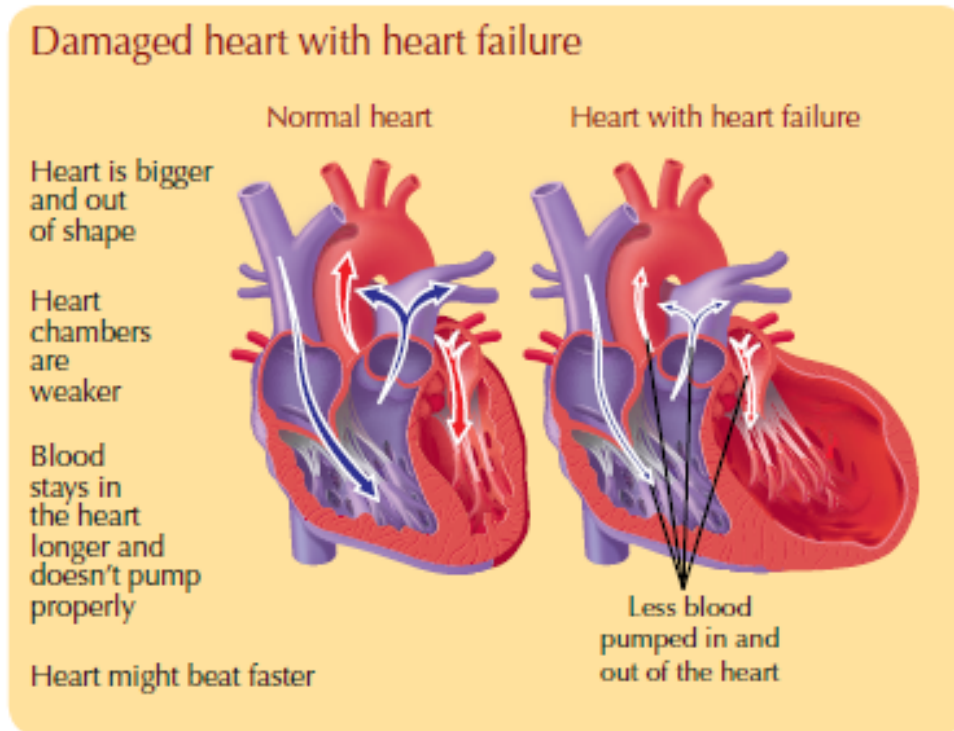
3. Recommended fluid intake 1.5-2 L per day

### Other helpful tips

- ♥ Keep your diet low in salt
- ♥ Know your medications and take them every day
- ♥ Keep as active as you can
- ♥ Avoid smoking and excessive alcohol consumption
- ♥ Maintain a good relationship with your GP/Doctor

**Dial 000 to call an ambulance if  
symptoms are severe**

Your heart is a muscle that pumps blood to every part of your body. When you have heart failure, your heart becomes bigger and weak, and doesn't pump as well as it should.



Heart Failure Service  
The Prince Charles Hospital  
Phone:  
3139 5037  
3139 5839  
[HFSS\\_TPCH@health.qld.gov.au](mailto:HFSS_TPCH@health.qld.gov.au)

Reference:

*Living Well with Heart Failure, The National Heart Foundation 2016.*

Last updated: 27/04/2017