

# Limiting Fluid When You Have Heart Failure

## 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 (such as Ensure or Boost).

## Why do you have to limit fluid?

When you have heart failure, fluid can build up 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 have in a day?

Certain people will need to consider reducing their fluid intake if fluid is building up in their body and their diuretic medications (or water pills) aren't able to fix it. If this happens, your healthcare provider will tell you how much fluid is right for you and your own personal needs.

**Keep in mind that water is the best choice to drink. Try to limit juices and pop.**

### Guide to Fluid Measures

2 tablespoons	=	30 ml	=	1 ounce
1 glass	=	250 ml	=	8 ounce
1 pint	=	500ml	=	16 ounce
1 litre or 1 quart	=	1000 ml	=	32 ounce
2 litres	=	2000 ml	=	64 ounce

## 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 daily.

Here is how to weigh yourself:

- ♥ Weigh yourself at the same time every day. The best time is first thing in the morning.
- ♥ Weigh yourself after emptying your bladder (gone pee).
- ♥ Wear the same amount of clothing each time.



You are holding on to too much fluid when:

- Your weight increases by more than 2 kg or 4 lb in two days.
- or
- Your weight increases by more than 2.5 kg or 5 lb in a week.

Contact your health care provider right away if you are holding 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.

(More tips on page 2.)

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### More tips for reducing your fluid intake

- ♥ Sip your fluids throughout the day and track how much you are drinking.
- ♥ 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.



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### Tips to deal 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.
- ♥ Don't 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.

### Resources:

211 BC ([bc.211.ca](https://bc.211.ca)): Free, confidential service connecting people to community resources, including food, shelter, mental health support, and more.

Food Skills for Families ([www.bccdc.ca/our-services/programs/food-skills-for-families](https://www.bccdc.ca/our-services/programs/food-skills-for-families)): Hands-on cooking and nutrition program for newcomers, low-income families, seniors, Indigenous Peoples, and South Asians.

FNHA Nutrition Resources ([www.fnha.ca](https://www.fnha.ca)): Tips and resources for healthy eating in First Nations communities.