







# Heart Failure: Managing your fluid balance

To help stop extra fluid from building up in your body we recommend that you **do not drink more than two litres per day.**

If your heart is struggling, you will sometimes need to restrict the amount of fluid you take in. Your heart failure team will let you know if you need to do this.

I am restricted to ..... litres per day

1000 millilitres (mls) = 1 litre

Type of fluid	Estimated average intake
	Tea cup = 200mls
	Small plastic cup = 120mls
	Glass = 250mls
	Mug = 300mls
	Milk in cereal bowl = 125mls Soup = 350mls
	All bottles should have a total size listed, eg 500mls
Food containing fluid: eg gravy, sauces, ice-cream, canned fruit	Try and estimate the number of millilitres

## Contact us

Integrated Heart Failure Team, **t:** 020 3049 4652

Elmcourt Health Centre, 214 Norwood Road, London, SE27 9AW

### Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

### Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS) **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints) **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

### Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch:

**t:** 020 7188 8815 **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

### NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

### NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** [www.nhs.uk](http://www.nhs.uk)

### Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

**t:** 0800 731 0319 **e:** [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk) **w:** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)

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