







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 each 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.

You are restricted to litres each day

1,000 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

If you have any questions, please contact your heart failure team, Monday to Friday, 9am-5pm:

Community heart failure nurse team, **t:** 020 3049 4652

Guy's and St Thomas' heart failure nurse team, **t:** 020 7188 9760

King's College Hospital heart failure nurse team, **t:** 020 3299 4860

Princess Royal Hospital heart failure nurse team, **t:** 01689 866 097

If you need help in the evening or at the weekend contact:

Your GP for the out of hours service, or 999 for ambulance services in a medical emergency.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline – Guy's and St Thomas' NHS Foundation Trust

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 – Guy's and St Thomas' NHS Foundation Trust

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

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

PALS – King's College Hospital

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. The PALS office is located on the ground floor of the Hambleton Wing, near the main entrance on Bessemer Road - staff will be happy to direct you.

t: 020 3299 3601 **e:** kch-tr.PALS@nhs.net

Language and accessible support services – Guy's and St Thomas' NHS Foundation Trust

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

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