

Heart Failure: Limiting Fluids

Limiting fluids is one of the many ways to manage heart failure.

Now, not everyone who has heart failure needs to limit fluids.

But if your doctor tells you to, limiting fluids can help balance your body's sodium levels.

Your doctor will tell you how much fluid you can have each day and can give you some ideas for how to track the amount.

Here's some of what to expect when you're limiting fluids.

First, it is important to know how much fluid your regular glasses hold.

You can find out by filling a glass with water, and then pouring it into a measuring cup.

That way, when it comes to water and other liquids, you'll be able to measure how much fluid you're having.

But the fluids you get from foods like soups and juicy fruits can also add up.

And you'll need to also count foods that melt, such as ice cream, gelatin, and ice.

These might be trickier to measure, so if you have questions, talk to your care team.

Limiting fluids isn't easy.

It will take some learning and practice.

Now you might be thinking, "What if I've limited my fluids for the day, but I'm thirsty?"

If you feel thirsty, try chewing gum or sucking on a piece of hard candy or a breath mint.

And if your lips feel dry, try lip balm.

If your doctor has asked you to limit fluids, it's because this helps keep your body's sodium levels in balance.

If you have any questions about how to limit fluids, you can always call your doctor.