

Cardiac Fluid Restriction

Total fluid per day as prescribed by primary care provider: _____

A fluid restriction may help your heart pump blood through your body more effectively. When you drink too much fluid, your heart has to work to pump the extra fluid around your body. Too much fluid can cause shortness of breath, weight gain, swelling in your legs or feet, low energy, a swollen abdomen, a cough, or difficulty sleeping at night.

Keep track of how much you drink by writing it down. Measure the size of your cups and containers at home so you know how much fluid they hold.

What Is Considered to Be a Fluid?

Anything that is fluid at room temperature is considered to be a fluid. This includes popsicles, soup, broth, ice cream, sherbet, Jell-o, ice, and all drinks (tea, coffee, milk, alcohol, juice, pop, etc.). You will want to figure out how much you can drink per meal. Some examples are below:

Restriction	Breakfast	Lunch	Dinner	Snacks
1000 mL	240 mL - 8 oz	240 mL - 8 oz	280 mL - 9 oz	240 mL - 8 oz
1200 mL	240 mL - 8 oz	360 mL - 12 oz	360 mL - 12 oz	240 mL - 8 oz
1500 mL	360 mL - 12 oz	360 mL - 12 oz	480 mL - 16 oz	300 mL - 10 oz
1800 mL	480 mL - 16 oz	480 mL - 16 oz	480 mL - 16 oz	360 mL - 12 oz
2000 mL	510 mL - 17 oz	510 mL - 17 oz	510 mL - 17 oz	470 mL - 16 oz

How Can I Quench My Thirst?

- Avoid using salt and salty foods.
- Brush your teeth or rinse your mouth with chilled mouthwash or cold water.
- Swallow medications with soft foods (ex. applesauce, yogurt) to save fluid.
- Suck on a lemon wedge or use lemon in water.
- Chew gum or suck on hard candies.

References: Living Well with Heart Failure, Hamilton Health Sciences, 2010
Limiting Fluid when you have Heart Failure, Heart & Stroke Association
Healthy Eating Guidelines for people with Heart Failure, Dietitians of Canada, 2015