

## Limit Your Fluid Intake

Limiting fluids is one way you can help to manage heart failure. It can also help to keep you out of the hospital. Every patient is different, so follow your doctor's instructions on how much fluid you should have every day.

- Find a way of tracking the fluids you take in that works for you. Here are 2 methods you can try:
  - > Write down how much you drink throughout the day.
  - > Keep a container filled with the amount of liquid you are allowed to have for the day. As you drink liquids during the day, such as a 6-ounce cup of coffee, pour that same amount out of the container. When the container is empty, you have had all your liquid for the day.
- Count any foods that will melt (such as ice cream, gelatin, or flavored ice treats) or liquid foods (such as soup) as part of your fluids for the day. Also, count the liquid in canned fruits and vegetables as part of your daily intake or drain them well before serving.
- Space your liquids throughout the day so you will not want to drink more than the amount your doctor recommends.
- Do not drink alcohol because it makes heart failure worse. It can also affect your medicines.
- A small amount of caffeine is usually okay in moderation. Check with your provider to make sure it is okay for you. If you are allowed caffeine, do not have more than 1 or 2 cups per day.

Scan the QR code to watch *“Heart Failure: Limiting Fluids.”*

## Tips for Dry Mouth

- Sip cool beverages and snack on cold fruit and vegetables.
- Suck on a frozen lemon or lime or try eating frozen grapes.
- Suck on hard candy or chew gum.
- Rinse your mouth with water or mouthwash and then spit it out.
- Avoid salty, very spicy, or very sweet foods.

