



Queensland  
Government

## Heart Failure Fluid Action Plan

Facility: .....

(Affix identification label here)

URN:

Family name:

Given name(s):

Address:

Date of birth:

Sex:  M  F  I

### Patient information

This plan will guide you on how to fine-tune your dose of diuretic (fluid tablet) when your weight or other symptoms change.

Diuretic (fluid tablet) is: ..... One tablet = ..... mg

Daily fluid limit is: .....

Well (dry) weight range is: ..... kgs with no worsening of swelling or breathing

### Your usual fluid tablet dose:

(note number of diuretic tablets and time of day)

..... tablet/s in the morning

..... tablet/s at lunch

..... tablet/s (details) .....

### Fluid overload (too much)

If your weight goes OVER  kg in ..... days

AND / OR breathing is hard, or you have swelling in  
your feet or legs, or feel bloated.

Take:  tablet/s in the morning

tablet/s at lunch

tablet/s ..... (other)

### Dehydration (too dry)

If your weight goes BELOW  kg in ..... days

AND / OR you feel more thirsty or dizzy than usual,  
or you have diarrhoea or vomiting

Take:  tablet/s in the morning

tablet/s at lunch

tablet/s ..... (other)

### Return to your usual tablet dose when you are at your well (dry) weight again

If changes to your usual dose are needed for more than 3 days, please:

See your regular GP **OR**

Contact:

Tel: .....

**Call 000 if your symptoms are severe**

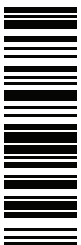
Prescriber name: .....

Signature:

Date:

DO NOT WRITE IN THIS BINDING MARGIN

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### Fluid Watchers not Weight Watchers!

When your heart doesn't pump properly, your body wants to keep fluid. This causes you to put on fluid weight. Remember - 1 litre body fluid = 1 kilogram

Keep track of your changes in body fluid by following the 4 Ws each day.



**W**ake up



**W**ee



**W**eigh yourself



**W**rite down your weight

Well (dry) weight can change over time. There are many reasons for this including changes to your food intake or exercise. If your well (dry) weight has changed please see your doctor or nurse so they can adjust your plan.

### Diuretics (fluid tablets)

Medicines that help you lose fluid are called diuretics. Some people call them fluid tablets, water pills or by a brand name. The tablets take 30 minutes to work and make you pass urine for about 6 hours.

Try taking your diuretics (fluid tablets) at the same time of day. You can sometimes delay or skip a dose to fit in with an outing but try not to do this too often.

While fluid tablets help to manage your breathlessness and swelling, they will not improve your heart function. This means that not everyone needs a fluid tablet all the time. Fluid tablets can be increased, decreased, or even stopped as your weight or other symptoms change.

**Other instructions:**