

## Why is it important to limit fluids?

In heart failure, often the body holds onto fluids resulting in:

- Increased blood pressure
- Shortness of breath and difficulty breathing
- Swelling of the abdomen, legs, ankles, hands, and face
- Nausea, lack of appetite, and bloating

Attempting to help control your symptoms, the physician may suggest limit of your fluid intake. Fluid weight differs from body weight. Fast weight gain is due to fluid overload and happens quickly. Body weight gain happens over weeks or months.

**Weighing daily is so important. Report to your physician if your weight is up 2-3 pounds in one day or 5 pounds in a few days of the same week. Additional Lasix or other diuretics may remove the excess fluid and keep you out of the hospital.**

## How much fluid can I have per day?

This is dependent on the stage of your heart failure. Your physician will prescribe the amount of fluid allowance. It may be 1500mls, 1800mls, or 2000mls.

## How do I convert ounces to milliliters?

The formula is simple. One ounce is equal to 30 mls the size of a medicine cup. Thus, 30 is your multiplier.

An 8 oz cup of coffee multiply by 30 mls = 240      8oz X 30mls =240mls

If your fluid restriction is 1500 and you use an 8-ounce cup as your standard drinking cup at home you divide the fluid allowance by 240.

$$1500/240 = 6 \frac{1}{4} \quad (8\text{-oz cups})$$

$$1800/240 = 7.5 \quad (8\text{-oz cups})$$

$$2000/240 = 8 \frac{1}{3} \quad (8\text{-oz cups})$$

**Conversion Table**

Multiply number of ounces by 30mls

1oz = 30mls

4 oz = 120 ml

8 oz = 240 ml (coffee cup)

12oz = 360 ml

16 oz = 480 ml (2 cups/1 pint)

20 oz = 600 ml

24 oz = 720 ml

32 oz = 960 ml (1 qt /4 cups)

48 oz = 1400 ml

50 oz = 1500 ml

60 oz = 1800 ml

64 oz = 1920 ml

**Remember if you use a bigger cup you need to divide the ounces into your fluid allowance. A 16 oz. cup is 480 mls.**

$1500/480 =$  approximately 3 cups

$1800/480 = 3.75$  cups

$2000/480 = 4.16$  cups

**What counts as fluid?**

Foods that melt at room temperature are considered fluids. Examples include:

One cup of ice cream = ½ cup or 4 oz

Double Popsicles = 70 ml

One 8-oz cup of ice = 120 ml

Jell-O also melts

**Other examples:**

Citrus, melons and grapes ½ cup= 80 mls

Water, Milk, Coffee, Tea,

Juice, Lemonade, Soda, Alcohol

Salad dressing, gravy, soup

Nutritional supplements like Ensure

**Does everyone need to be on a fluid restriction?**

Not everyone needs to be on a fluid restriction. Some people may only need to watch their sodium content and that will be sufficient. Follow your doctor’s advice.

**How can I successfully manage my fluid allowance?**

- Take your medicines with applesauce.
- Schedule your fluids with your meals and in-between
- Some people fill a pitcher with a specific amount for the day
- Use a measuring cup to determine the amount of fluid in your favorite glasses, cups, and soup bowls
- Utilize a fluid tracking sheet
- Document fluids along with sodium in a meal planning record