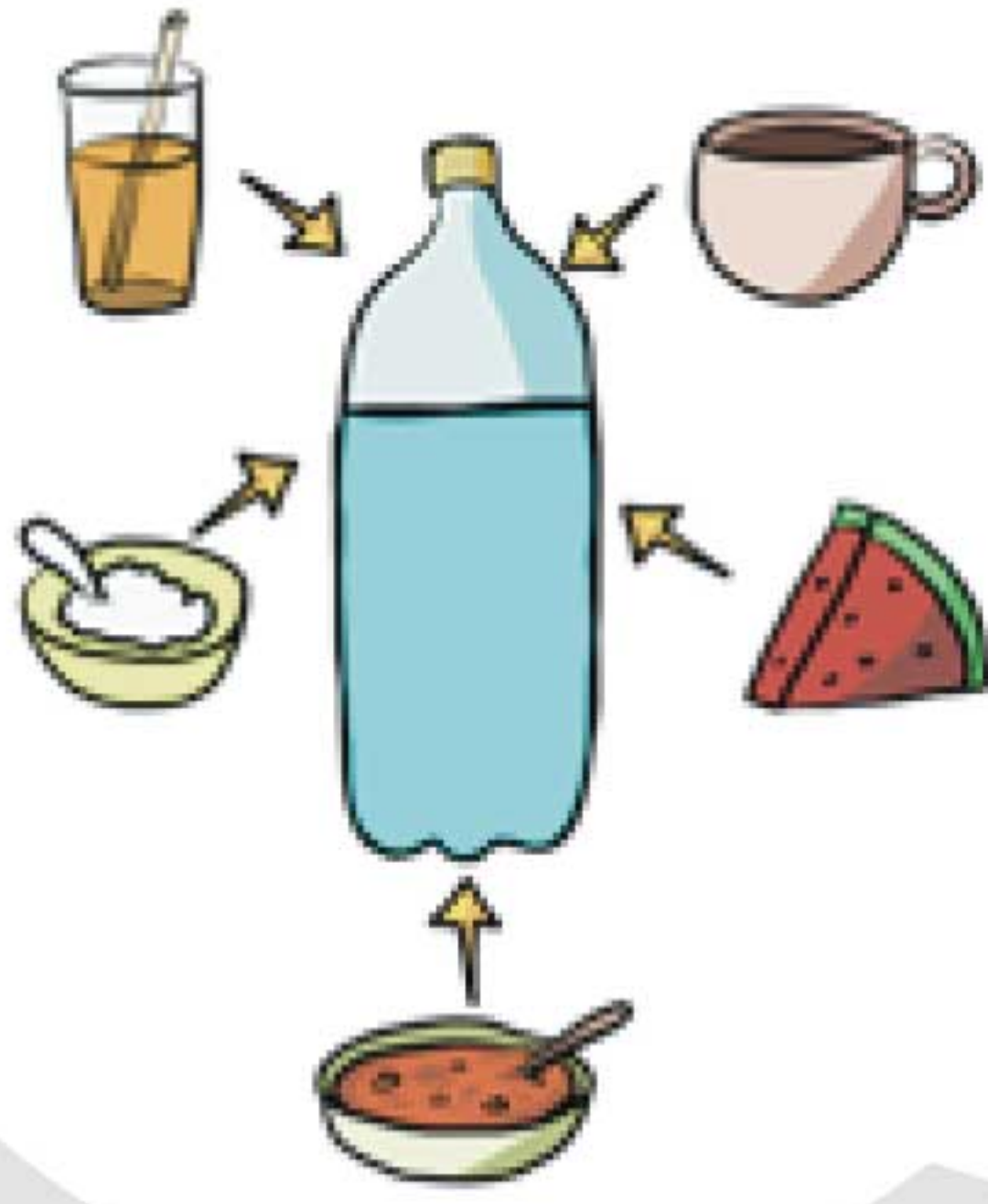




Heart Failure: Self-Care Advice



01

FLUID INTAKE

- Measure your fluid intake.
- Limit your fluid intake to 1 to 1.2 litres a day. This includes **ALL** kinds of liquids such as coffee, tea, water, fruits, soups and porridge.

02

SALT INTAKE

- Limit your consumption of salty food.
- Avoid gravy on your food and ask for less gravy/salt when you are eating out.
- Avoid canned food.



03

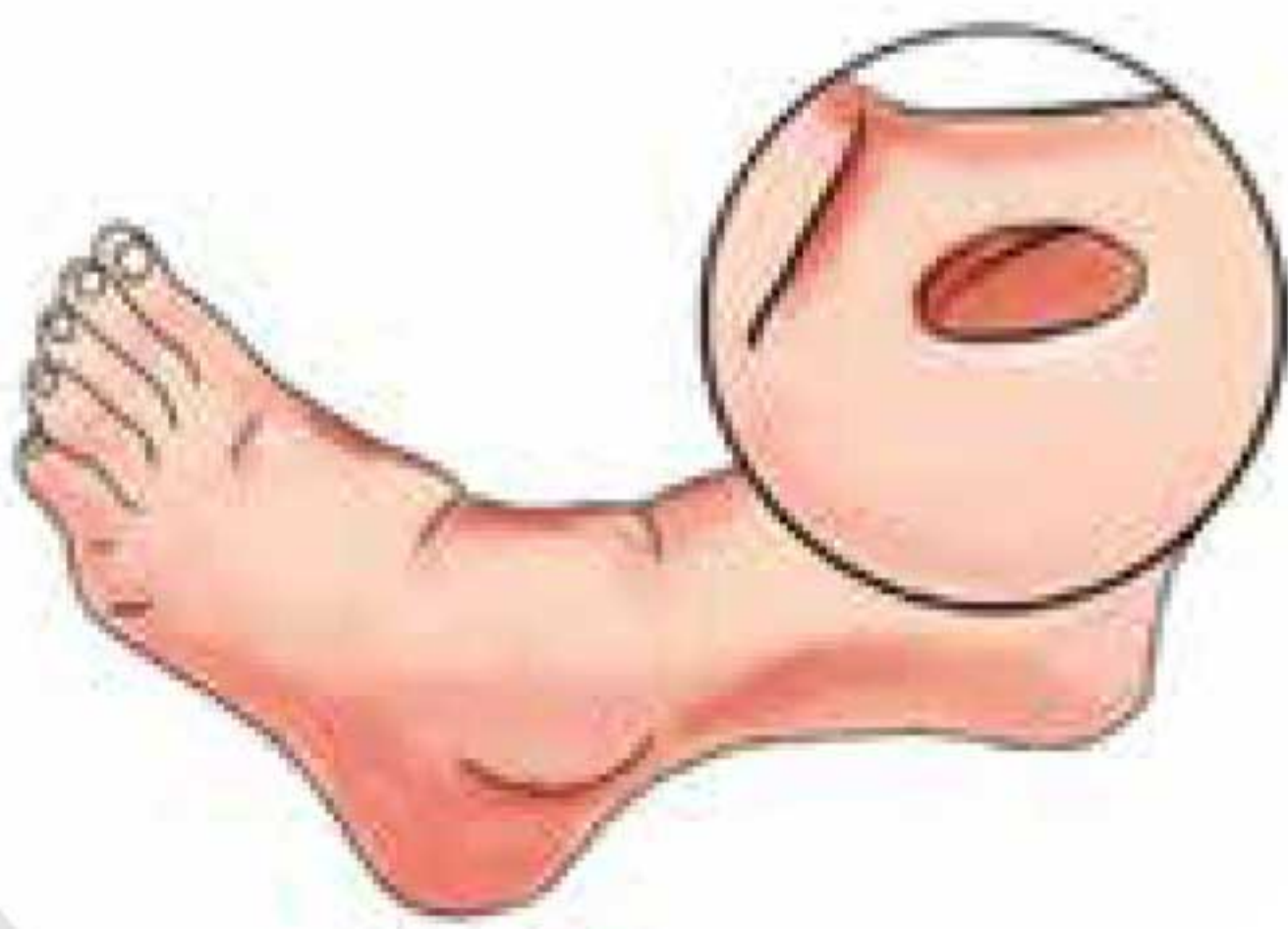
MEDICATION

- Take your medications regularly to keep your condition under control. These medications are meant to reduce the heart workload and improve your heart pump function.
- **DO NOT** stop them even if you feel better.

04

EXERCISE

- Exercise at least three times a week for 15 to 30 minutes each time.
- Stop exercising if you develop chest pain or experience shortness of breath.
- Take frequent breaks between exercises.



05

CHECK FOR SWELLING

- Check your legs for any swelling by pressing it for a few seconds to check for lasting indentation which should be visible for a few minutes.

06

MONITOR YOUR WEIGHT

- Weigh yourself every day to check for weight gain. Do this every morning before you eat and after you pass urine.
- Record your weight in a calendar or a diary.



Seek medical attention if you notice any weight gain (more than 1kg a day or 3kg a week), swelling in the feet/ankles, difficulty in breathing, chest pain or are unable to lie down on your back.



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