

## Management of Fluid Status

**Goal Weight:** \_\_\_\_\_ kg ( \_\_\_\_\_ lbs)

**Low salt diet (2-3 grams/day)**

**Fluid Restriction:** \_\_\_\_\_ ml/day

Sometimes patients will retain fluid despite following a low salt diet and fluid restriction. In this case, you can try to restrict your salt and fluid intake further, however medications are sometimes necessary. Your doctor/nurse practitioner may prescribe a diuretic. The dosage will need to be adjusted based on your weight and fluid status.

It is important to weigh yourself daily. It is best you do this in morning after you empty your bladder, and before you have anything to eat or drink.

Take your diuretic routinely as prescribed:

Lasix \_\_\_\_ mg \_\_\_\_\_

If you gain 1 kg (2 lbs) in 24 hrs, increase your Lasix to \_\_\_\_\_ until you achieve your goal weight.

If you gain 2 kg (5 lbs) in 7 days, increase your Lasix to \_\_\_\_\_ until you achieve your goal weight.

Once you have achieved your goal weight, resume your initial diuretic regime.

Also assess for the following:

- increased shortness of breath
- increased fatigue
- lightheadedness, dizziness
- increased abdominal swelling
- increased feet and/or ankle swelling

These should all improve as you lose fluid. If you have difficulty maintaining your recommended fluid balance, please contact the **PH Clinic at 604-875-4323** for further guidance. You can also follow up with your primary care provider.