

Rotherham PCT– Heart Failure Prescribing Guidelines

Lifestyle Modifications

Weight

- Patients should be encouraged to weigh themselves at the same time every day (Preferably shortly after waking, before dressing after voiding and before eating)
- Patients **MUST** report a weight gain of more than 1.5-2kg over two days to their GP or Heart Failure Specialist.

Smoking

- Heart failure patients are strongly advised not to smoke and should be offered smoking cessation advice and support.

Dietary

Salt

- Salt intake should not exceed 6g/day.
- Low salt substitutes are not appropriate due to their high potassium content.

Fluid

- Heart failure patients should have their fluid intake assessed and advice on fluid Restriction, tailored to the individual patients needs, offered where appropriate.

Alcohol

- Excessive consumption should be discouraged.