

## Symptom advice

### Cardiac Support Service

#### Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net).

#### Symptom advice

- Please weigh yourself each morning to help detect early changes in fluid retention.
- Please drink 6 to 8 mugs or 1.5 to 2 litres of fluid daily (unless advised differently)
- Remember to take all your medication as prescribed.

Telephone us if you notice the following changes as your medication may need adjusting:

- Weight: increase or decrease by two pounds a day for two days or more.
- Increased swelling in legs or tummy
- Increased shortness of breath
- Thirst increase
- Light-headedness
- Dizziness
- Appetite changes

#### Please note:

If you are admitted to hospital unexpectedly, please inform our team as we may need to help monitor your condition more closely during your hospital stay and once you go home.

## Service contact details

Affix contact detail label here

The service is available Monday to Friday, 9am to 5pm.

## Further information

For further information, please visit our website at: [www.northdevonhealth.nhs.uk](http://www.northdevonhealth.nhs.uk)

### Useful links:

#### British Heart Foundation (BHF)

Telephone: 0300 330 3322

Email: [heretohelp@bhf.org.uk](mailto:heretohelp@bhf.org.uk)

Website: [www.bhf.org.uk](http://www.bhf.org.uk)

#### Cardiomyopathy UK

Telephone: 0800 018 1024

Email: [contact@cardiomyopathy.org](mailto:contact@cardiomyopathy.org)

Website: [www.cardiomyopathy.org](http://www.cardiomyopathy.org)

#### Pumping Marvellous

Telephone: 01772796542

Website: <https://pumpingmarvellous.org/>

## PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern, please call 01271 314090 or email [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

## Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

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