

## PATIENT INFORMATION

# Intravenous Furosemide Admission

You have been reviewed in the Heart Failure Clinic and identified as requiring admission for Intravenous Furosemide, to assist in the management of your heart failure condition.

Prior to admission to the Medical Treatment Unit (MTU) you will have been asked to have a blood test. Please would you contact the Heart Failure Nurses on 01284 712837 if you have not had these blood tests requested or received the necessary paperwork.

The Heart Failure Nurse should have discussed the medication you should **not** take on the morning of your admission to MTU. These will include tablets such as Furosemide, Bumetanide, Bendroflumethiazide. Please bring all your prescribed medications with you on the day of admission.

Please contact the **Heart Failure Nurse** prior to admission if:

- You have any queries or concerns regarding your medications on the morning of admission.
- Your medication is changed prior to admission.
- Your symptoms have changed at all prior to the planned admission.
- You are unable to make the planned date, as it is important that we reallocate the bed to another patient

### **During your admission, please expect the following:**

- Swabs will be taken for screening of MRSA.
- You will be weighed on admission.
- Insertion of a plastic cannula into a vein to allow the administration of Intravenous Furosemide.
- You will be allocated a trolley or chair space and receive the medication over a stated period of time, approximately 2 - 4 hours. During your time on MTU you will be required to stay within the unit.
- We will then ensure your observations are stable before discharge and that you have passed urine.
- Your weight will be documented prior to discharge.

- During your stay the nursing team will be monitoring your fluid intake and urine output.
- Discussion concerning medications on discharge will take place and you will be given paperwork for a repeat blood test 3-5 days after discharge.

Patient food is not provided on the ward. Please bring a light lunch with you on the day of your admission. A fridge and microwave is available on the unit for your use.

A member of the Heart Failure Team will telephone you within 24 hours after discharge to monitor your progress and discuss your weight. You will be reviewed in Heart Failure Clinic at West Suffolk Hospital within 7-10 days after discharge from MTU.

You may be scheduled for another admission into MTU for a repeat treatment within a few days or the following week but this would have been arranged with your Heart Failure Nurse.

A letter will be sent to your GP after the clinic appointment detailing any changes to medication, your individual management plan and the results of any relevant blood tests, all of which will be explained before you leave.

If you do not receive a letter confirming an expected appointment, please phone the Heart Failure Nurse on 01284 712837. If there is no answer, please leave a message on the answerphone with your name, contact details and expected time of appointment. Your call will be returned as soon as someone is available.

### **After leaving hospital please consider the following points:**

- **Medication:** Please take your medication as instructed once you are at home. This will support the treatment you have received and offer you the best outcome.
- **'Weight watching':** Weigh yourself every morning after you get up, before you have breakfast or anything to drink, and after passing urine. Keep a record of your daily weight, as the Heart Failure Nurse will require this information. You will be advised to restrict your fluid intake to a set amount. This can help to alleviate your symptoms.
- **Diet:** Cut out salt, as salt can cause water retention. Avoid food high in salt such as ready prepared meals, crisps, salted peanuts.
- **Alcohol:** You should **not** exceed the recommended amount of alcohol as this can be harmful to your heart muscle. The recommended daily maximum alcohol intake for men is 3-4 units and for women it is 2-3 units.

		<b>Arranged / discussed by:</b>
<b>Discharge date</b>		
<b>Phone call</b>		
<b>Blood test</b>		
<b>Heart failure appointment</b>		
<b>Fluid advice</b>		
<b>Medication advice</b>		

<b>Date</b>	<b>Weight</b>	<b>Symptoms</b>