

## What can I expect?

The unit is open Monday to Friday, from 8am to 9pm. After referral, your treatment will usually last 4 days, requiring daily attendance at the clinic.

The following day, you will visit SDEC unit at 8am for weighing, blood tests, cannula insertion, medical review, medication administration and monitoring.

Please expect to spend 4-5 hours at each appointment in a treatment chair. Free wi-fi is available, and we provide drinks and a sandwich for lunch. You are welcome to bring your own refreshments, and one relative can stay with you during your visits.

You may go home with the cannula still in your arm. This needs special care, as outlined in the patient information leaflet for cannula care.

Upon discharge, your care will transition to the heart failure clinic for ongoing management.

## What to do if you feel unwell?

If you feel unwell, seek medical attention by contacting 111 or 999 in an emergency.

Your medical notes will be stored on SDEC Ward 1B at Whiston Hospital during the week of your treatment.

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

St Helens Hospital  
Marshalls Cross Road,  
St Helens, Merseyside, WA9 3DA  
Telephone: 01744 26633

# Intravenous diuretics

## Same day emergency care

### Information for patients

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

## Intravenous diuretics

Your doctor or nurse has recommended intravenous diuretics, to help manage your condition. This leaflet aims to provide you with information about this treatment. If you attend for this procedure you should not take any water tablets at home on the day you are coming to the hospital.

### What are diuretics?

Diuretics, often referred to as 'water tablets', are medications designed to reduce excess fluid buildup in your body. This buildup can occur due to heart conditions, such as heart failure, leading to symptoms like breathlessness and swelling in your ankles, legs, and other areas.

### How are diuretics given?

Diuretics are commonly given as tablets, but sometimes injections are necessary when tablets alone are not effective. Intravenous diuretics are delivered directly into your blood using a cannula. The medicine will be given over an hour, so it can usually be done as a day case, allowing you to be admitted in the morning and go home in the evening. During and after treatment, expect to need to pass urine more often. Wear loose clothing and ensure you have easy access to a toilet.

### Advantages of intravenous diuretics

Intravenous diuretics offer several advantages over oral tablets. They work more quickly and effectively, helping your body remove extra fluid. This can improve your symptoms of breathlessness and swelling.

### What if I have problems with my cannula?

If you experience issues with your cannula, do not panic. If possible, remove the cannula, apply pressure with a clean tissue until the bleeding stops, then cover it with a plaster.

If bleeding persists, elevate your arm and call Whiston Hospital on 0151 426 1600 and connect to Ward 1B for advice, or attend your local Emergency Department. You can bathe or shower with the cannula but keep it dry.

### Risks of intravenous diuretics

While intravenous diuretics can be highly effective, there are some risks associated with their use. These may include dizziness, increased urination, and potential imbalances in electrolyte levels such as sodium and potassium. Less common side effects might include gout, skin reactions, or gastrointestinal discomfort. Your healthcare team will monitor you for any signs of these complications. If you feel unwell at home, seek medical attention by contacting 111 or 999 in an emergency.

### What if treatment does not work?

If the intravenous diuretic treatment is not providing the expected relief, it is possible you will need an inpatient admission.

### Where does the treatment occur?

This treatment takes place in the Same-Day Emergency Care (SDEC) unit on level 1 – Ward 1B at Whiston Hospital. It is designed as a day-case procedure to maintain your quality of life and avoid extended hospital stays, reducing the risks associated with prolonged hospitalisation.