

Potassium and Heart Failure

You will learn:

- What potassium is and the role it plays in your body
 - The impact of heart failure medication on potassium levels
 - Dietary tips to ensure your potassium levels are within a safe range
- Potassium is a mineral that has many roles within the body, including regulation of heart rhythms (heartbeat) and blood pressure.
 - High or low potassium levels can affect your heartbeat, leading to irregular heart rhythms.

Heart Failure Medications and Potassium Levels



Medications that may increase potassium levels:

- Spironolactone (Aldactone) and Eplerenone when prescribed alone or in combination with sacubitril-valsartan (Entresto), ACEi's (i.e. Ramipril, Perindopril, etc.), ARB's (i.e. Candesartan, Valsartan, etc.), or potassium supplements

Medications that may decrease potassium levels:

- Diuretics (i.e. Lasix, Laxatives)
- Some types of Insulin

Some chronic conditions can alter potassium absorption (i.e. chronic kidney disease).

Know Your Potassium Levels

Your potassium level is measured as part of your routine blood work – ensure you are following up with your doctor(s) regularly. Note that lab value ranges can vary slightly by lab.

Normal: 3.5-5.0 mmol/L
Caution: 5.1-6.0 mmol/L
Dangerous: < 3.5 mmol/L or > 6.0 mmol/L

Dietary Potassium Recommendations

- Potassium level 3.5 - 5.0 mmol/L: No need to adjust your diet
- Potassium level < 3.5mmol/L: Choose foods higher in potassium (>200mg per serving)
- Potassium level > 5.0 mmol/L: Choose foods lower in potassium (<200mg per serving)

Low Potassium Diet Tips:

- Limit servings of root vegetables (carrots, beets, parsnips, etc.) to ½ cup per day.
- Do not use the liquid from canned, cooked or frozen fruit/vegetables – rinse prior to use.
- Do not use salt substitutes made with potassium chlorides (i.e. Nu Salt, No Salt, Half Salt)
- Season foods with herbs and spices, rather than salt.

To book an appointment with our Registered Dietitian call:
416-281-7022 or toll free 1-855-448-5471