

HEART FAILURE ACTION PLAN

NO PROBLEMS



- No weight gain
- No swelling in your feet, ankles, legs or stomach
- Good, stable breathing
- No chest pains
- Activity: Plan time EVERY DAY for walking or other activity - unless your doctor has told you otherwise.

ACTION PLAN

- Continue to take all medications as directed
- Weigh yourself every day
- Eat a low-sodium diet
- Keep the appointments listed on the discharge form given to you
- If you smoke or chew tobacco-quit!

BEWARE OF...



- Sudden weight gain of 2 to 3 pounds in a day or 5 pounds in a week
- Swelling in feet, ankles, legs or stomach
- Decrease in how much you urinate
- Shortness of breath or trouble breathing at rest
- Trouble Sleeping
- Increased coughing or shortness or breath
- Constantly feeling tired

ACTION PLAN

- Call your healthcare provider if your symptoms worsen
- Your doctor may need to adjust your medication

MEDICAL ALERT!



- Weight gain of more than 5 pounds in a week
- Severe swelling in feet, ankles, legs or stomach
- Severe trouble breathing
- Chest pains
- Need to sleep sitting straight up
- Confusion

ACTION PLAN

- Talk to a doctor immediately if you have any of these symptoms!
- Call 911 if you cannot reach your doctor