CHRONIC HEART FAILURE



Patient Fact Sheet

WEIGHT:

You need to check your weight to maintain control of heart failure.

Weigh yourself first thing in the morning before you eat or drink anthing.

Weigh yourself at the same time, same clothing, on the same scale.

Record your weight every day in a notebook. Take this with you to your next doctor's appointment.

YOUR WEIGHT TODAY IS:

DIET:

Too much salt (sodium) causes water retention. This makes the heart work harder and causes swelling in feet, fingers and legs and causes an increase in your effort to breath (Shortness of Breath). Avoid canned food or soup.

DIET:		
FLUID RESTRICTIONS:		

ACTIVITY:

You may have difficulty with physical activity. Speak with your doctor about slowly increasing activity with planned rest periods.

 Restricted		
No Limitations		

FOLLOW UP:

Make an appointment with your doctor within 10 days of discharge.

MEDICATIONS:

It is very important to take all of your medications when you get home. Avoid all non-steroidal anti-inflammatory drugs (NSAIDS). Avoid Advil, Motrin, Alieve and Ibuprofen.

 Medication Instructions Given
Prescriptions

___ Use a pill box

CALL YOUR DOCTOR IF ANY OF THESE SYMPTOMS OCCUR:

If you gain three pounds in one day

Decreased exercise tolerance

Fast heart rate

Cold sweaty skin

Dry or frothy cough

Increase in abdominal girth (waist size)

Increased fatique

Increased shortness of breath

Increased edema (swelling)

Restlessness / confusion

Loss of appetite

Failure to loose weight (fluid) even though you took an extra fluid pill.

Any sudden onset of cough or shortness of breath at night or needing to sleep propped up/sitting up.

GO TO THE EMERGENCY DEPARTMENT:

If you develop tightness or pain in chest.

If you become extremely short of breath.

If your doctor is unavailable and symptoms persist.

If symptoms of heart failure persist and/or worsen.

For more information go to www.hallmarkhealth.org and click on "Patients and Visitors" and "Patient Education".



