

Heart Failure Zones

Discharge Weight: _____ First weight (target) at home: _____
 Doctor's Name: _____ Doctor's Phone: _____

What you need to do EVERYDAY:

- Weigh yourself in the morning after using the bathroom and before breakfast. Write it down on your weight record and compare it to yesterday's weight.
- Take your medicine as prescribed.
- Check for swelling in your feet, ankles, legs and stomach.
- Eat low salt food.
- Balance activity and rest periods.

Which Heart Failure Zone are you in today?

<p>RED ZONE</p> 	<p>EMERGENCY:</p> <p>If you have:</p> <ul style="list-style-type: none"> ♥ shortness of breath at rest or with simple activity ♥ chest pain or discomfort ♥ an Internal Cardiac Defibrillator (ICD) and you are shocked more than once 	<p>What to do:</p> <ul style="list-style-type: none"> ♥ Have someone drive you to the local Emergency Department or call 911. ♥ Do NOT drive yourself.
<p>YELLOW ZONE</p> 	<p>CAUTION – This zone is a warning.</p> <p>If you:</p> <ul style="list-style-type: none"> ◆ have a weight gain of 3 pounds in 1 day <u>OR</u> a weight gain of 5 pounds or more in 1 week ◆ have more shortness of breath than usual ◆ have more swelling of your feet, ankles, legs or stomach than usual ◆ are feeling more tired than usual, or you have no energy ◆ have a new or increased cough (especially when lying down) ◆ feel dizzy ◆ are feeling uneasy, something is not right ◆ have shortness of breath when lying 	<p>What to do:</p> <ul style="list-style-type: none"> ◆ Call your doctor <u>or</u> call the Heart Function Clinic (for nurses' teaching) ◆ Adjust your dose of furosemide if you were taught how to adjust it to meet your target weight.
<p>GREEN ZONE</p> 	<p>ALL CLEAR – This zone is your goal!</p> <p>Your symptoms are under control if:</p> <ul style="list-style-type: none"> ✓ You have NO shortness of breath. ✓ You have NOT gained more than 2 pounds of weight today. ✓ There is NO change in the swelling in your feet, ankles, legs or stomach. ✓ You do NOT have chest pain. 	<p>What to do:</p> <p>☺ Keep up the good work!</p> <p>Continue to:</p> <ul style="list-style-type: none"> ✓ Weigh yourself every day ✓ Take your medicine ✓ Monitor your fluid intake ✓ Eat a low salt diet