

Heart Failure: Daily Check-up

<p>Every Day</p>	<p>EVERY DAY:</p> <ul style="list-style-type: none"> • Weigh yourself in the morning (after you urinate and before you eat breakfast). Write it down and compare to yesterday's weight. Current weight _____ Target weight _____ • Check your breathing. • Inspect your feet, ankles, legs and belly for swelling. • Eat low salt food (___mg/day). • Limit how much fluid you drink (6-8 cups). • Balance activity and rest periods based on your symptoms. • Take your medicine as prescribed. If for any reason you can't, call your doctor immediately. • Do not take NSAIDs (non steroidal anti-inflammatory drugs) such as: Ibuprofen (Advil, Motrin), Naproxen (Aleve, Naprosyn), & Celebrex. <p>Which Color are you today? GREEN, YELLOW or RED?</p>
<p>Green</p>	<p>ALL CLEAR – This is your goal Your symptoms are under control. You have:</p> <ul style="list-style-type: none"> • No shortness of breath. • No weight gain more than 2 pounds (it may change 1 or 2 pounds some days). • No swelling of your feet, ankles, legs or belly (compared to baseline). • No chest pain.
<p>Yellow</p>	<p>CAUTION – This is a warning Call your doctor if you have:</p> <ul style="list-style-type: none"> • Weight gain of 3 pounds in 1 day or 5 pounds or more in the last week • More shortness of breath. • A hard time breathing when lying down or you need to sleep sitting up in a chair. • Dry, hacky cough. • More swelling of your feet, ankles, legs, or belly. • Decreased urine output. • Feeling of uneasiness, you know something is not right. • Dizziness.
<p>Red</p>	<p>EMERGENCY Go to the Emergency Room (or call 911) if you have any of the following:</p> <ul style="list-style-type: none"> • Unrelieved shortness of breath while sitting still or are struggling to breath. • Severe chest pain or chest pressure. • Confusion or can't think clearly.