

Heart failure care guide

How I am feeling:

What to do:



- No shortness of breath or cough
- Can climb stairs and do daily home activities
- No increased swelling in feet, legs, stomach

- Enjoy feeling well
- Keep active (such as going on a walk)



- Gained 3-4 lbs (2.5kg) in 1 week
- Tired — unable to do usual activities
- More short of breath than usual
- More swelling
- Reduced appetite

- Call doctor for appointment right away
- Adjust Lasix only if instructed to do so by your doctor



- Short of breath at rest
- Dizzy or faint
- Heart is racing even at rest
- Feeling “foggy” or confused
- Having chest pains that don’t go away with rest

- Call 911 (Do not drive yourself to the hospital)
- Sit upright and try to take slow, deep breaths
- If you have chest pain: Rest, take nitroglycerin as prescribed, and get help