

# HEART FAILURE ZONES

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Which zone are you in today? green,  
yellow or red?



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## Heart Failure Zones

### Make sure that you do the following EVERYDAY:

- Weigh yourself before breakfast.
- Compare today's weight with your dry weight. Dry weight is your weight when you do not have extra fluid in your body.
- Make sure you know your dry weight.
- Your dry weight is .45kg (1 pound) less than your weight on the first day home from the hospital.  
\_\_\_\_\_ - .45kg (1 pound) = \_\_\_\_\_ kg (\_\_\_\_\_ pounds)

**or the weight determined by your healthcare provider.**

### EVERYDAY

- Take ALL medications as prescribed.
- Check for swelling in your feet, ankles, legs and stomach.
- Limit sodium in your diet as prescribed by your healthcare provider (read food labels for sodium content);  
**My sodium limit is \_\_\_\_\_ mg/day**
- Be active and exercise every day.

Which zone are you in today? green, yellow or red?

### **ALL CLEAR - This zone is your goal.**

You do not have symptoms or they are mild. You have:

#### **GREEN ZONE**

- No new or worsening:
  1. Shortness of breath
  2. Swelling of feet, ankles, legs or stomach
  3. Fatigue/tiredness
- **Stable weight** (weight is within 1.8 kg or 4 pounds of your dry weight).

### **CAUTION - This zone is a warning zone.**

Call your heart failure doctor or nurse if you:

#### **YELLOW ZONE**

- Gain or lose 1.8 kg / 4 or more pounds from your dry weight.
- Have new or worsening:
  1. Shortness of breath when active or at night when lying down
  2. Swelling of feet, ankles, legs or stomach
  3. Tiredness (less energy than usual)
  4. Dizziness that lasts more than a minute
  5. Need to urinate more often at night
  6. Dry cough
- Feel uneasy and know something is not right.
- Have a change of appetite (less hungry).

Doctor to call: \_\_\_\_\_

### **EMERGENCY**

#### **RED ZONE**

Go to the emergency room or call 999 if you:

- Struggle to breathe or are short of breath while sitting still.
- Have chest pain that is new or gets worse.
- Are confused or cannot think clearly.

It is important to have an office visit in one week (7 days) after you leave the hospital, even if you feel well.

Please keep your scheduled appointment: Date: \_\_\_\_\_ Time: \_\_\_\_\_

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