

# My Heart Failure Plan - *How do I feel today?*

Daily Checks

- Take my medications exactly how my doctor or pharmacist has instructed.
- Drink 6 to 8 glasses of fluids each day (1 glass = 250 ml, 6-8 glasses = 1500 ml – 2000 ml).
- Eat foods or liquids that are low in salt or salt-free.
- Check for swelling in my feet, ankles, legs and stomach each day.
- Weigh myself every day in the morning before I eat breakfast and write it down. Keep track of changes in weight and watch for weight gain.

## Which heart failure zone am I in today?

### Safe zone: I have...

### What should I do?



- No shortness of breath.
- No chest discomfort, pressure or pain.
- No swelling in my feet, ankles, or legs.
- No weight gain of more than 4 pounds (2 kgs) in 2 days or 5 pounds (2.5 kg) in 1 week.



- Take my regular medications.
- Continue with my daily checks.

### Caution zone: I have one or more symptoms...

### What should I do?



- More short of breath than usual.
- Have not slept well because my breathing is more difficult.
- Find it harder to breath when lying down.
- Wake up at night short of breath.
- Have swelling in feet, ankles or legs.
- Gained more than 4 pounds (2 kgs) in 2 days or 5 pounds (2.5 kg) in 1 week.



- Arrange to see my doctor or my Nurse Practitioner.  
Name: \_\_\_\_\_  
Phone: \_\_\_\_\_
- Call 811, the BC Nurse Line, and speak with a nurse.
- Other:  
Name: \_\_\_\_\_  
Phone: \_\_\_\_\_

### DANGER ZONE: I have one or more symptoms...

### What should I do? Act fast!



- Struggling to breathe.
- Have a fast heartbeat that does not slow down with rest.
- Have chest pain.
- Unable to think clearly.



- Dial 911 for an ambulance to take me to the hospital emergency department.

The information in this document is intended solely for the person to whom it was given by the health care team.

