

# Congestive Heart Failure Zone Guide

## Zones for Managing Your Heart Failure



### "GO" SYMPTOMS

- No shortness of breath
- No swelling
- No weight gain
- No chest pain
- No decrease in your ability to remain active

Your Current Weight \_\_\_\_\_

Your Goal Weight: \_\_\_\_\_

### "GO" MEANS

- Your symptoms are under control
- You are taking your medications as ordered
- You are regularly keeping your physician appointments
- You are weighing yourself daily
- You are following a low salt diet
- You are staying healthy and preventing problems



### "CAUTION" SYMPTOMS

- Weight gain of 2 or more pounds in 1 day
- Weight gain of 5 or more pounds in 1 week
- Increased cough
- Increased swelling
- Increased shortness of breath with activity
- You increase the number of pillows needed to sleep or you now sleep in a chair
- Clothing and jewelry becoming tight

### "CAUTION" MEANS

- Your medications need to be considered for possible change
- You need to examine your diet and improve your eating habits

Call your doctor \_\_\_\_\_

TO REPORT AND "CAUTION" SYMPTOMS

Nurse: \_\_\_\_\_



### "STOP" SYMPTOMS

- Difficulty breathing
- Wheezing or chest tightness at rest
- Unrelieved chest pain

### "STOP" MEANS

- You are at risk for serious complications
- Immediate changes need to be made

Call your Doctor: \_\_\_\_\_

Phone: \_\_\_\_\_

# HEART FAILURE INPATIENT DISCHARGE INSTRUCTIONS

## TAKE CHARGE TO KEEP YOUR HEALTH!

\_\_\_\_\_ Weigh yourself every morning after you have emptied your bladder, wearing the same amount of clothes. Clothes and jewelry may be getting tight. Weight gain can be an early sign that your body is retaining too much fluid.

\_\_\_\_\_ If you do these things, it might keep you from returning to the hospital:

1. Take your medicine the right way
2. Watch how much salt (sodium) and fluids you use
3. Call your doctor if your symptoms get worse

\_\_\_\_\_ Limit fluids to 64 ounces or 2 liters a day, includes soups and ice cream.

\_\_\_\_\_ Limit your daily salt (sodium) intake to 2 grams or 2000 milligrams of salt.

\_\_\_\_\_ Move more, in small amounts throughout the day. Spacing of your daily activities can help to prevent fatigue.

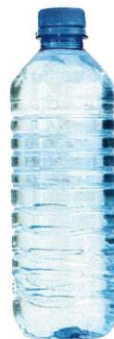
\_\_\_\_\_ Quit smoking. Call the NYS SMOKERS' QUITLINE: 1-866-NY-QUITS  
(1-866-697-8487)

\_\_\_\_\_ Avoid Alcohol. It makes the heart muscle weaker.

\_\_\_\_\_ Medication education completed.

<b>Nutrition Facts</b>	
Serving Size 5 oz	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
<b>Sodium 440mg</b>	<b>19%</b>
Total Carbohydrate 13g	4%
Dietary Fiber 3g	4%
Sugars 3g	
Protein 3g	
Vitamin A 80%	Vitamin C 60%
Calcium 4%	Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or depending on your calorie needs:



**2 grams of salt (sodium) equals**

2000 milligrams  
or  
about 1 teaspoon

**64 ounces of fluid equals**

4—16 ounce bottles  
or  
4—16 ounce glasses  
or  
8—8 ounce glasses  
8 ounces equals 240 milliliters