

Heart Failure Action Plan

Green Light: No Problems

- No weight gain
- No swelling in your feet, ankles, legs or stomach area
- No shortness of breath or trouble breathing either at rest or with minimal exercise
- No chest discomfort
- Activity: Plan time EVERY DAY for walking or other activity—unless your doctor has given other instructions.

Action Plan

- Continue to take all medications as directed.
- Continue to weigh yourself every day.
- Eat a LOW-SODIUM DIET.
- Keep the appointments listed on the discharge form given to you.
- If you smoke or chew tobacco—you must quit.

Yellow Light: Caution—Beware of...

- Weight gain of 2 pounds overnight or 5 pounds in a week or whatever amount you are told to report
- Swelling in feet, ankles, legs or stomach area
- A decrease in how much you urinate
- Shortness of breath or trouble breathing at rest
- Racing or pounding heartbeat
- Having to sleep with more pillows or sitting up
- Frequent or worsening cough
- Worsening fatigue or constant feeling of tiredness
- Episodes of dizziness

Action Plan

- Call your doctor or health care provider if you have any of the symptoms listed.
- Your doctor may need to adjust your medications.

Red Light: Medical Alert!

- Weight gain of more than 5 pounds within a week
- Severe swelling in feet, ankles, legs or stomach area
- Unrelieved shortness of breath or severe breathing trouble
- Chest pain
- Need to sleep sitting straight up
- Confusion
- Fainting

Action Plan

- You need to see a doctor immediately if you have any of these symptoms!
- Call **911** if you cannot reach your doctor.

Health Care Provider Phone Number: _____