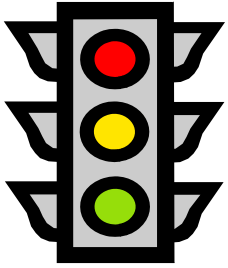


Congestive Heart Failure Management Plan

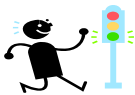


1. **Green means Go.** Follow medication, weight, and diet advice.
2. **Yellow means Caution.** You may need to change your medicines.
3. **Red means Danger.** Get help from a doctor today.

Call 911.

1. Green -- Go

- No shortness of breath
- Usual amount of swelling in legs
- No weight gain
- No chest pain
- No change in usual activity



Weigh yourself everyday



Take all your medicines



Eat a low salt diet



Go to your doctor appointments

Bring *all* your medicines to *every* appointment!!

2. Yellow -- Caution



Weight gain of:
-2-3 pounds in 1 day
-5 pounds in 1 week



Increased number of
pillows to sleep



You may need to change your medicines

Call your doctor for instructions



Increased swelling
or cough



Shortness of breath
with activity

3. Red --Take Action



Weight gain of more
than 5 lbs in 1 week



Dizziness or falling



Waking at night due to
shortness of breath



Shortness of breath at rest
chest tightness or wheezing

**Call your doctor *today* to report symptoms
and request an appointment.**



*****CALL 911 if having severe chest pain*****

Congestive Heart Failure Management Plan

Your Medicines

Name: _____ Date: _____

Doctor: _____

Phone for doctor or clinic: _____

Patient's target weight: _____ pounds

✓ **It is important to take *all* your prescribed medicines.**

✓ **It is the medicines working *together* that helps your heart.**

✓ **Bring *all* your medicines to *every* doctor's appointment.**

Medicines used to treat your heart failure include:

Heart Medicines: These medicines help your heart work better and your blood flow more easily. It is important to take **all** of these medicines because they need to work together to help your heart.

_____ (Ace Inhibitor)

_____ (Beta-Blocker)

_____ (Calcium Channel Blocker)

_____ (Other)

Diuretics: “*Water Pills.*” These medicines help your kidneys get rid of extra water and salt.

_____ (Diuretic)

Potassium and Magnesium Supplements: These are important salts that your body loses by taking your diuretics or “*Water Pills.*”

_____ (Potassium and/or Magnesium Supplement)

Cholesterol Medicines

Diabetes: “Sugar” pills

Other Medicines

Congestive Heart Failure Management Plan

Your Medicines

Name: _____ Date: _____

Doctor: _____

Phone for doctor or clinic: _____

Patient's target weight: _____ pounds

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