

# Heart failure action plan



## How this handout can help you and your family

Heart failure may cause a number of symptoms (changes in how you feel). Some are more serious than others. Catching and treating symptoms early can help keep you out of the hospital. Share this handout with your family and close friends. It shows what actions you or those you live with need to take.

### Medical alert

#### Call 911 right away if you:

- Have severe shortness of breath
- Have chest pain or discomfort that does not go away when you rest or take nitroglycerin
- See that the person has passed out



### Caution

#### Call your doctor if you have:

- Trouble breathing or feel short of breath much of the time
- Awakened suddenly with trouble breathing
- To sleep sitting up or propped up with more pillows than usual
- A racing heartbeat or you feel like you might pass out
- Coughed up pink or frothy (bubbly) mucus
- Gained or lost 2 or more pounds in 1 day or 4 or more pounds in 1 week
- Swelling in your feet, legs, hands, or belly
- A cough that won't go away. Or your chest feels congested (clogged up)
- Felt more tired than usual or have trouble doing everyday activities
- Lost your appetite or you feel like you might throw up
- A belly that feels full or bloated
- Felt dizzy or woozy
- Been urinating more often at night



### Keep up the good work!

#### Keep doing what you are doing if you are:

- Taking your medicines every day as directed
- Weighing yourself every day and writing down your weight
- Following your low-salt diet
- Keeping track of your symptoms each day
- Being active
- Avoiding too much alcohol
- Quitting smoking



Talk to your doctor about your heart failure action plan.

This material was developed by GlaxoSmithKline.



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