

# Patient Information

KNOW YOUR HEART FAILURE ZONE.

Doctor's Name: \_\_\_\_\_




Next Appointment: \_\_\_\_\_

Doctor's Phone: \_\_\_\_\_

Dry Weight: \_\_\_\_\_

<p><b>EVERY DAY</b></p> <ul style="list-style-type: none"> <li>➤ Weigh yourself at the same time each day</li> <li>➤ Take your pills</li> <li>➤ Check for swelling in your feet, ankles, legs, and belly</li> </ul>	<ul style="list-style-type: none"> <li>➤ Eat a low salt diet</li> <li>➤ Allow for rest periods</li> <li>➤ Plan for rest after each activity</li> </ul>
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## Which heart failure zone are you today? Green, yellow, or red?

<p><b>GREEN ZONE</b></p>  <p>KEEP UP THE GOOD WORK</p>	<p>This zone is my goal.</p> <ul style="list-style-type: none"> <li>• No new shortness of breath</li> <li>• No weight gain more than 3 pounds; it may change 1 or 2 pounds some days or 5 pounds in 1 week</li> <li>• No new swelling of feet ankles, legs, or belly</li> <li>• No chest pain</li> <li>• I can do everyday tasks</li> </ul>	<p>This zone is my goal.</p> <ul style="list-style-type: none"> <li>• No new shortness of breath</li> <li>• No weight gain more than 3 pounds; it may change 1 or 2 pounds some days or 5 pounds in 1 week</li> <li>• No new swelling of feet ankles, legs, or belly</li> <li>• No chest pain</li> <li>• I can do everyday tasks</li> </ul>
<p><b>YELLOW ZONE</b></p>  <p>CALL MY DOCTOR.</p>	<p>This zone is a warning. Call my doctor or nurse if I have any of these signs:</p> <ul style="list-style-type: none"> <li>• Weight gain more than 3 pounds in 2–3 days or 5 pounds in <b>one</b> week.</li> <li>• More shortness of breath</li> <li>• More swelling in my feet, ankles, legs, or belly</li> <li>• Feeling more tired</li> <li>• New cough</li> <li>• Hard to breathe lying down--need to sleep sitting in a chair.</li> </ul>	<p><b>YELLOW ZONE MEANS:</b></p> <ul style="list-style-type: none"> <li>• My Heart failure is not stable and my medications may need to be adjusted by my provider.</li> <li>• Call my care provider or home health nurse.</li> </ul>
<p><b>RED ZONE</b></p>  <p>CALL 911</p>	<p><b>EMERGENCY!</b> Call 911 or go to the emergency room if I have any of these signs:</p> <ul style="list-style-type: none"> <li>• Hard to breathe at rest</li> <li>• Chest pain or chest feels very heavy or tight</li> <li>• Sudden onset of feeling weak, faint, or dizzy</li> <li>• Vomiting</li> <li>• Coughing up pink–frothy sputum</li> </ul>	<p><b>RED ZONE MEANS:</b>  <b>You need to call 911 now!</b></p> 