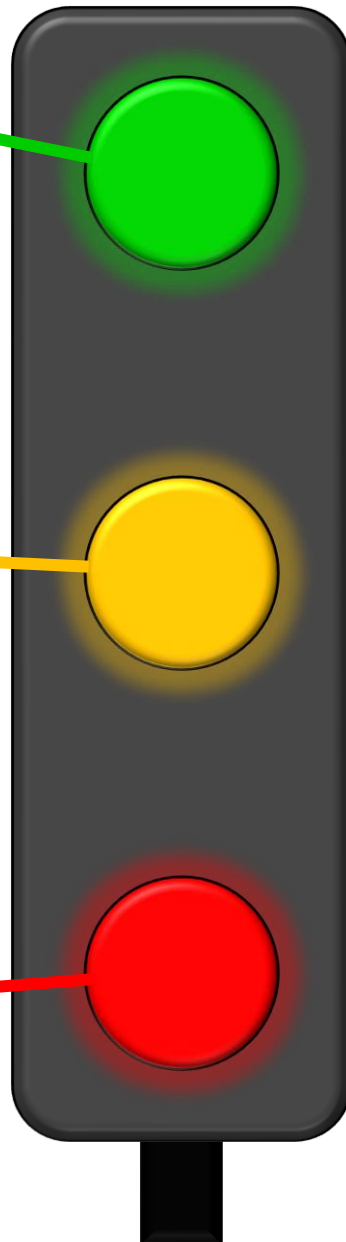


YOUR ACTION PLAN:

- Feeling well
- No change in usual activity level
- Weight stable
- Symptoms stable

- Not feeling well
- Gaining weight 3 days in a row
- Increased swelling or bloating
- Waking up from sleep with shortness of breath
- Having to sleep more upright, in a chair or with more pillows.
- Diarrhoea and vomiting lasting 24 hrs or more
- New dizziness

- Sudden worsening in breathing
- Sudden chest pain or heaviness (not relieved by rest or GTN spray)
- Collapse



Keep up the good work!



Call the Heart Failure Team

Tel: 02381 203140

Mon-Fri 9am-3pm



(Leave a message with your name, date of birth and contact number)

If you need advice out of hours please contact your GP out of hours service.

For COVID-19 guidance please see additional sheet

Call 999 immediately

Do not try to treat this yourself!



What can you do?

MEDICATIONS

- Make sure you take your medications every day, you medicines are key to your treatment.
- Even when you feel well, never miss any doses.
- Try to avoid non steroidal anti-inflammatory drugs (like ibuprofen/Nurofen and Voltarol)



WEIGHT

- You should weigh yourself every day so you know if you start to retain fluid.
- Try and weigh yourself at the same time every morning.



DIET

- If you can avoid salt altogether
- Try to avoid salty foods e.g. smoked foods, processed foods, Bovril.



ACTIVITY

- You will probably have good and bad days.
- Know your limits and don't over do it.
- A little activity every day can help you feel better.

