MAZANKOWSKI
ALBERTA HEART INSTITUTE

Managing Your Heart Failure

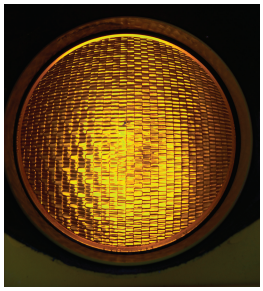
Use this guide to help you report changes in your symptoms to your doctor or nurse.

GREEN ZONE: (All clear, go ahead . . .)

- you feel well
- you have no new shortness of breath
- you have not noticed any new swelling
- your weight has not changed. Your usual weight is: _____ lbs.

If you are in the "Green zone", be sure to:

- weigh yourself every day
- continue to take your medication
- follow the low salt diet that was recommended for you
- keep your fluid intake to no more than 8 cups per day



YELLOW ZONE: (proceed with caution)

- you are more short of breath, especially with activity
- you notice leg swelling or stomach bloating
- you feel more tired and/or have less energy than usual
- your weight may have increased 3-5 pounds in one week

If you are in the "Yellow zone", be sure to:

- decrease your salt intake
- decrease your fluid intake
- call your Heart Function Clinic Nurses ( )

– your medication may need to be adjusted

RED ZONE (stop- get help right away!)

- you have shortness of breath that doesn't get any better or go away
- you are short of breath at night
- you have gained more than 5 lbs. in 2 days

If you are in the "Red zone", be sure to:

- Call Heart Function Clinic Nurses ( )

– you might need to see a doctor right away!

Alberta Health Services

UNIVERSITY OF ALBERTA

Your heart, your health, your recovery.