CAUTION

IF YOU HAVE ANY CHANGES IN:

- Weight (A gain of 2 – 3 pounds in one day or 5 pounds in one week)
- Swelling of your feet, ankles, legs or stomach
- Shortness of Breath
- Sleep patterns, decreased appetite or dizziness
- Energy or have extreme fatigue

DO THE FOLLOWING:

CONTACT YOUR DOCTOR OR VISITING NURSE

DO NOT CHANGE YOUR MEDICATIONS WITHOUT CONTACTING YOUR DOCTOR

EMERGENCY

YOUR CHF IS GETTING WORSE IF YOU HAVE:

- NEW shortness of breath when sitting or resting
- Confusion, trouble concentrating
- Chest pain, chest tightness
- Loss of consciousness

DO THE FOLLOWING:

CALL 911 IMMEDIATELY YOU NEED TO GO TO THE HOSPITAL

- Bring ALL medication and herbal supplement bottles with you to your doctor’s appointment.

- Please record your weight daily and bring this record to your appointment.
  (Weigh yourself at the same time of the day with the same clothes on – the best time is first thing in the morning after you urinate).