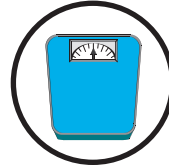


Daily Reminders for Staying Well with Congestive Heart Failure



Take your pills every day or as prescribed—even if you feel good.



Weigh yourself every day at the same time (before breakfast is best) and with the same amount of clothing on. Keep a record of your daily weight and show your doctor at every visit.



Do not use salt.

Don't add salt at the table or when cooking.

Use products marked “low sodium” or “no salt.”

Avoid high-salt foods such as soups, sauces, bouillon, lunch meats, cheese, fast foods, packaged food, canned foods, and salty snacks. If you have trouble, ask your doctor to refer you to a dietitian.

Limit fast food and eating out.



Ask your doctor how much fluid you can safely have.

Avoid alcohol.



Remain as active as possible, but balance rest with activity. Elevate your legs when resting. You may need frequent rest periods during the day. Ask your doctor how much activity you should do.



Do not smoke.

Ask your doctor about **quitting** smoking.

Call your doctor within the next 24 hours (even on weekends and holidays) if you:

- Have to sleep sitting up
- Start coughing at night
- Notice swelling in your ankles or any part of your body
- Weight **gain** of more than 3 pounds in 1-2 days
- Become tired faster or feel yourself losing energy
- Have side effects from your medications
- Have pain or bloating in your abdomen and lose your appetite
- Weight **loss** of more than 5 pounds in 2 days
- Wheezing

Call your doctor right away if you:

- Have trouble breathing
- Have unusual dizzy spells or faintness
- Feel pain or tightness in your chest
- Feel anxious, like something terrible will happen

If you think this is an emergency, call 911.

**If you have questions or are unsure of what to do,
you may speak with a nurse 24 hours-a-day toll free at 1-888-676-7812.**

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.