



Heart Failure Action Plan

Do not guess. Call your doctor if you have any questions about this plan.

<p>Green Zone: Doing Well</p>	<p>Your goal weight is: <input type="text"/></p> <p>You are in the Green Zone if:</p> <ul style="list-style-type: none"> You have no shortness of breath, no swelling, no weight gain, no chest pain, or no decrease in your ability to maintain your activity level <p>The Green Zone means that your symptoms are under control and you should:</p> <ul style="list-style-type: none"> Continue taking your medications as ordered Continue weighing yourself daily Follow your 2-gram sodium diet and fluid restrictions Keep all your doctor and blood draw appointments
<p>Yellow Zone: Caution Call Your Doctor</p>	<p>You are in the Yellow Zone if you have any of the following:</p> <ul style="list-style-type: none"> Weight gain: 2 pounds or more in a day, or 4 pounds or more in one week Cough Shortness of breath with activity Decrease in urine output Change in your appetite (you are eating less but not losing weight) Worsening tiredness Increased swelling in your ankles, feet or abdomen Trouble breathing when lying flat (need to sit in chair or use more pillows to sleep) <p>How to call? Mon-Fri: 8:00am to 5:00pm call (888) 287-1082. After 5:00pm, on weekends or holidays call: (734) 936-6267 and ask the operator to page your heart doctor.</p>
<p>Red Zone: Call 911</p>	<p>Call 911 immediately if you have any of the following:</p> <ul style="list-style-type: none"> Chest tightness at rest Unrelieved chest pain (if no nitroglycerin prescription) Unrelieved chest pain after taking a total of 3 nitroglycerin tabs/sprays Wheezing Confusion Fainting spell Shortness of breath when you are at rest

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