

## Heart Failure Zones

### Every Day:

- Weigh yourself first thing every morning after going to the bathroom and before breakfast. Write it down.
- Take your medicines as prescribed.
- Check for swelling in your feet, ankles, legs, arms, or belly.
- Limit the salt (sodium) in your diet to 2000 mg or less each day.
- Look for the milligrams (mg) of sodium on all food labels.

### Which heart failure zone are you in today?

#### All clear - This zone is your goal. Your symptoms are under control.

- No shortness of breath
- No weight gain more than 3 lbs. in 1 day or 5 lbs. in one week
- No swelling of your feet, ankles, legs, arms, or belly
- No chest pain
- No decrease in your energy level
- No lightheadedness when you do your normal activities

#### Caution - This zone is a warning zone. Call your doctor's office.

- Weight gain of 3 lbs. in 1 day or weight gain of 5 lbs. in one week
- Feel bloated or full after you eat just a few bites
- More short of breath than usual
- More swelling of your feet, ankles, legs, arms, or belly
- Feeling more tired or have no energy
- Coughing more
- Harder to breathe when lying flat
- Lightheaded when you do your normal activities

#### EMERGENCY Zone - Call 911

Call 9-1-1 if you have:

- Severe chest pain
- Severe shortness of breath
- Wheezing or tightness in your chest
- Trouble breathing
- Confusion

### Track Your Progress

Use the log on the next page to track your weight and other changes.

The Spanish version is #7810s

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 12/2021 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7810

