

HEART FAILURE ZONES

<h2>Every Day</h2>	<p>Make sure that you do the following EVERY DAY:</p> <ul style="list-style-type: none"> • Weigh yourself before breakfast. Compare today's weight with your <i>dry weight</i>. Dry weight is your weight when you do not have extra fluid in your body. <u>Make sure you know your dry weight.</u> Your dry weight is 1 pound less than your weight on the first day home from the hospital. _____ - 1 lb = _____ lbs or the weight determined by your healthcare provider. • Take ALL medications as prescribed. • Check for swelling in your feet, ankles, legs and stomach. • Limit sodium in your diet as prescribed by your healthcare provider (read food labels for sodium content); My sodium limit is _____ mg/day • Be active and exercise every day.
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Which zone are you in today? Green, Yellow or Red?

<h2>Green Zone</h2>	<p>ALL CLEAR – This zone is your goal. You do not have symptoms or they are mild. You have:</p> <ul style="list-style-type: none"> • No new or worsening: <ul style="list-style-type: none"> • Shortness of breath • Swelling of feet, ankles, legs or stomach • Fatigue/tiredness • Stable weight (weight is within 4 pounds of your dry weight)
<h2>Yellow Zone</h2>	<p>CAUTION – This zone is a warning zone. Call your heart failure doctor or nurse if you:</p> <ul style="list-style-type: none"> • Gain or lose 4 or more pounds from your dry weight • Have new or worsening: <ul style="list-style-type: none"> • Shortness of breath when active or at night when lying down • Swelling of feet, ankles, legs or stomach • Tiredness (less energy than usual) • Dizziness that lasts more than a minute • Need to urinate more often at night • Dry cough • Feel uneasy and know something is not right • Have a change of appetite (less hungry) <p>Doctor to call: _____</p>
<h2>Red Zone</h2>	<p>EMERGENCY Go to the emergency room or call 911 if you:</p> <ul style="list-style-type: none"> • Struggle to breathe or are short of breath while sitting still • Have chest pain that is new or gets worse • Are confused or cannot think clearly

It is important to have an office visit in one week (7 days) after you leave the hospital, even if you feel well.
Please keep your scheduled appointment: Date: _____ Time: _____

IMPORTANT PHONE NUMBERS

Facility	Main	Heart Failure Center
Ashtabula County Medical Center	440.997.2262	Cardiac Services 440.997.6614
Cleveland Clinic Main Campus	216.444.2200	216.444.8155
Euclid Hospital	216.531.9000	216.692.8679
Fairview Hospital	216.476.7310	216.476.7932
Hillcrest Hospital	440.312.4500	440.312.4659
Lakewood Hospital	216.521.4200	216.529.8500
Lutheran Hospital	216.696.4300	216.363.5757
Marymount Hospital	216.581.0500	216.584.4344
Medina Hospital	330.725.1000	330.721.5373
SouthPointe Hospital	216.491.6000	216.491.7942
Stephanie Tubbs Jones Health Center	216.767.4242	216.767.4294
Cleveland Clinic Home Care	216.444.4663	
Nurse on Call	866.263.4029 or 216.444.4663	
Tobacco Treatment Center	216.444.8111	



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Rev. 1/16

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