


Managing Your Heart Failure — At a Glance

For an Emergency, Call 911

Daily Weight	Limit the Sodium (Salt) You Eat	Medicines	Activity/Exercise	Call Your Health Care Provider if:
 <ul style="list-style-type: none"> ■ Weigh yourself every morning after you urinate and before you eat or drink anything. ■ Use the same scale. ■ Weigh yourself without clothes. ■ Keep a log of your weights. ■ Call your health care provider right away if you have a weight gain of 3 pounds in 1 day or 5 pounds in 1 week.  <p><small>© 2015 ALLINA HEALTH SYSTEM. TM – A TRADEMARK OF ALLINA HEALTH SYSTEM. OTHER TRADEMARKS USED ARE OWNED BY THEIR RESPECTIVE OWNERS. THIS BOOKLET DOES NOT REPLACE MEDICAL OR PROFESSIONAL ADVICE. IT IS ONLY A GUIDE. cvs-ah-43732 (4/15)</small></p>	 <ul style="list-style-type: none"> ■ Do not use sodium (salt) at the table or for cooking. ■ Limit sodium to 1,500 to 2,000 mg each day. ■ Read food labels to find out the milligrams of sodium in one serving. Low sodium means 140 mg or less per serving. ■ Avoid foods that are high in salt, such as canned items, processed meats (hot dogs, sausage, ham), pickles, olives, prepackaged or convenience foods, fast foods. ■ Ask your health care provider about using salt substitutes. 	 <ul style="list-style-type: none"> ■ Take your medicines as prescribed each day. ■ Carry a current list of your medicines with you at all times. ■ Avoid over-the-counter medicines, supplements, and herbal or natural products unless they are recommended by your health care provider. ■ Call your pharmacy at least 1 week in advance to refill prescriptions. 	 <ul style="list-style-type: none"> ■ Stay active! Try to exercise every day by walking, biking or swimming. ■ Use common sense. Do not exercise outside in hot, cold or windy weather. ■ If you become short of breath or develop discomfort, stop and rest. If your symptoms don't go away with rest, call your health care provider right away. ■ Do not use tobacco. Resources are available for help with quitting. Ask your health care provider. 	 <ul style="list-style-type: none"> ■ you gain 3 pounds in 1 day or 5 pounds in 1 week ■ you are more short of breath than usual ■ you have more swelling of your feet, ankles, legs or stomach than usual ■ you feel more tired than usual or unable to do daily activities ■ breathing is harder when lying down ■ are unable to take medicines <div style="border: 2px solid red; padding: 5px; margin-top: 10px;"> <p>Call 911 if you:</p> <ul style="list-style-type: none"> ■ struggle to breathe ■ have chest pain ■ are confused or can't think clearly </div>