

- **Read** this brochure.
- **Discuss** with your doctor at your next visit.
- **Write** your plan with your doctor.
- **Call** a Health Coach for information about managing heart failure.

Please use this booklet as a tool to help you manage your health. Bring it to your doctor to discuss. You can also call a Health Coach for support.



# Take this to your doctor

**A response plan for your HEART FAILURE**



A symptom response plan helps you answer these questions:

- What changes should I watch for?
- What should I do when I have changes?
- When should I talk to my doctor?

If you need more information, call a Connections<sup>SM</sup> Health Management Program Health Coach at:

**1-800-ASK-BLUE**  
(1-800-275-2583)  
TTY 1-888-525-4481

or visit

[www.ibxpress.com](http://www.ibxpress.com)

24 hours a day, 7 days a week



To develop your plan, talk to your doctor about what to do if you notice a change in symptoms, and review the plan with your doctor.

### Your symptoms

You may not be aware of some important changes, like weight gain. That's why it is important to weigh yourself at the same time each day and write your weight down. When your weight changes from day to day, you know that you are retaining or keeping extra fluid in your body and need to take action.

Open here. →

Symptoms	What my doctor says to do:	<u>Medications</u> What is my water pill?  What are my other medications?
<b>Change in my breathing:</b> I notice an increase in my shortness of breath. I become winded when I normally am not winded. I feel unable to catch my breath. I have problems breathing when lying down. I am sleeping with extra pillows.		<u>Diet</u> <b>How much salt?</b> Your doctor may suggest that you limit salt and watch for hidden salt in foods such as hot dogs, snack foods, fast foods, pickled foods, and canned soups and other canned foods. Salt is listed as “Sodium” on food labels.  <b>What foods should I avoid?</b> Write here:
<b>Coughing, coughing more than usual, or wheezing.</b>		<u>Fluid</u> <b>How much fluid?</b> Your doctor may advise you to limit fluids. This includes drinks and fluids or foods that melt, such as ice cream or a gelatin dessert.  <b>How much fluid should I have in a day?</b> Write here:
<b>Coughing up pink frothy sputum or experiencing severe shortness of breath.</b>	<b>Call 911.</b>	
<b>Sudden change in my weight:</b> I have gained 2-3 pounds or more in one day. I have gained 5 pounds or more in one week.	If weight gain of ___ pounds in ___ days then:	
<b>Swelling:</b> I notice that I have more swelling in my fingers, ankles, feet, or legs than usual. I have swelling or bloating in my stomach.		
<b>Feeling tired, weak, fatigued:</b> I cannot do what I could do a few days before.		
<b>Heartbeat:</b> I notice that my heart has started to skip beats, or I have noticed that my heartbeat is fluttering or racing.		
<b>Chest pain:</b> I notice my chest is heavy. I feel discomfort, pain, or pressure not relieved by rest and/or nitroglycerin.	<b>Call 911.</b>	