

# ACP | Monitoring Your Heart Failure Symptoms

## You are doing well today ...

- If you have no new or no worsening shortness of breath
- You're able to do the same level of physical activity as you've been doing
- You have no new swelling in your feet and legs
- Your weight has been about the same for the past week
- You don't have any sign of chest pain

You're doing great! Keep up with your treatment plan and your follow-up visits with your doctor.

## Call your doctor if you have ...

- A dry, hacking cough
- Worsening shortness of breath (especially after activity)
- Increased swelling in the legs, feet, and ankles
- Swelling or discomfort in your stomach area
- Trouble sleeping

It may be time for a change to your treatment plan.

## Call 9-1-1 immediately if you have...

- A frequent dry, hacking cough
- Shortness of breath when you are at rest
- Swelling or discomfort in the lower part of your body
- A loss of appetite
- Increased trouble sleeping, including difficulty lying flat
- A sudden weight gain of 2-3 pounds in a 24-hour period (or 5 pounds in a week)
- Dizziness, confusion, sadness, or depression

**You need to be evaluated right away.**