

HEART FAILURE ACTION PLAN

It is important to regularly monitor your symptoms

Symptoms that you should look out for and what you should do if they occur.

Discuss with your doctor or nurse

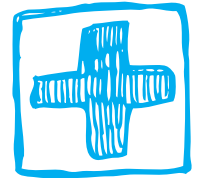


- Rapid weight gain or loss of more than 2 kgs in 2-3 days
- Progressive swelling or pain in the abdomen
- Increasing swelling of the legs or ankles
- Worsening dizziness
- Loss of appetite / nausea
- Increasing fatigue
- Worsening cough

Inform your doctor or nurse as soon as possible if you experience



- Increasing shortness of breath
- Waking up short of breath
- Needing more pillows to sleep
- Rapid heart rate or worsening palpitations



Call for immediate HELP by ringing 000 if you experience

- Persistent chest pain that is not relieved by your angina medicine
- Severe and persistent shortness of breath
- Fainting

My local Doctor (GP)

Phone number

My local Cardiologist

Phone number

My local Heart Failure Clinic Nurse

Phone number

My local Pharmacist

Phone number

