

Taking Care of Your Congestive Heart Failure (CHF)



IH-IV-157
R.D. 3/04
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When you take good care of yourself at home, you can help your heart work better. These are important ways to take care of yourself. For more details, check your CHF book.

Medicines:

Be sure to take all your medicines just the way you were taught.

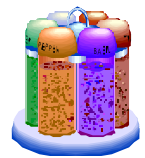
It is important that you do not stop taking your medicines. If you have any questions about your medicines, call your healthcare provider.

Be sure to get your medicines refilled before you run out. Don't skip any doses.



What you eat:

Eat **no more** than 2 gms (2,000 mg) of sodium (salt) a day. Do not eat canned vegetables, hot dogs, pickles, fast foods and foods with more than 150 mgs of sodium per serving.



Checking your weight:

Weigh yourself every morning before breakfast wearing about the same amount of clothes each time you weigh. Write down your weight each time you weigh and bring the record of your weights to your appointments.

If you gain 5 pounds or more in a week, call your health care provider.



Smoking:

Smoking is bad for your heart. If you smoke and would like to stop, call Parkland's Smoking Cessation Clinic at 214-590-5603.



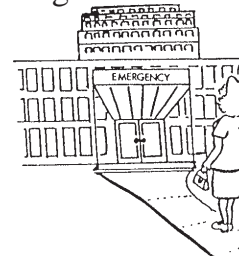
Your daily activities:

Talk to your healthcare provider about which exercise and how much of it is right for you. Exercise as often as you can, but stop if you feel tired or short of breath.



Call your healthcare provider, the Parkland Nurse Line at (214) 266-8777, or go to the Emergency Room if:

- You have trouble breathing, or your shortness of breath gets worse.
- You are up at night having trouble breathing.
- Your ankles or legs swell up.
- You have a bloated (swollen) abdomen (belly).
- You "black out" or pass out.



Keeping your appointments:

Call the telephone number on your discharge instructions to make your follow-up appointment. Be sure to keep all your appointments so that you and your healthcare provider can check on how you are doing, and keep you as healthy as possible.

