

# HealthWatch: Heart Failure

## Steps to take each day:

- Take your medicine as directed by your doctor
  - Call your doctor if you have side effects that prevent you from taking your medicine
  - Keep a list of your current medicine with you at all times
  - Bring your medicine list to all appointments
  - Call for refills one week in advance
- Keep all follow-up appointments
- Weigh yourself around the same time every day
  - Use the same scale
  - Write your weight on your calendar
  - Bring your calendar to all doctor appointments
- Check for swelling in your feet, ankles, legs, hands, and stomach
- Aim for less than 2000 mg of sodium (salt) per day
  - Allow 600 mg of sodium for each meal and 200 mg of sodium for a daily snack
  - Do not intake all 2,000 mg of sodium in one meal
- If you smoke – we have smoking cessation counselors to help you quit
  - Call (220) 564-QUIT (7848) for an appointment

### Heart Failure Clinic:

(220) 564-4177

### Doctor Phone Number:

### Follow-up Appointment:

## Take prompt action if you have any of the symptoms listed below:

### Yellow Zone

#### Call your doctor if you have:

- A weight gain of 2 pounds in a day or 3 to 5 pounds in a week
- New or increased swelling in your ankles, feet, legs, hands, or stomach
- A new or increased shortness of breath
- Dry hacking cough
- Dizziness
- An uneasy feeling
- More trouble breathing when lying down or you need to sleep sitting up in a chair

### Red Zone

#### Call 9-1-1 if you have:

- Struggling to breathe – shortness of breath that does not go away while sitting still
- Chest pain
- Cannot think clearly or feel confused
- Frothy sputum

Licking Memorial Health Systems complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1 (220) 564-4006 (TTY: 1 (220) 564-4729).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1 (220) 564-4006 (TTY: 1 (220) 564-4729)。



Licking Memorial Hospital

1616-1029  
01/22/2026