



Patient's name or apply addressograph

Your Home Plan

No Yes

Your fluid restriction is _____ daily

Weigh yourself daily and record your weight on the weight chart provided

- If you notice your weight increases by 2kg within two days or 2.5kg within one week, see your GP or speak with your heart failure nurse

Sodium (salt) restriction

- Check food labels and choose food that contains less than 120mg sodium per 100gm

Contact your GP within 24 hours if you notice any of the following signs and symptoms:

- increased shortness of breath
- increased swelling in your ankles, feet or abdomen (belly)
- waking at night with shortness of breath
- unable to lie flat due to shortness of breath
- increased dizziness or light-headedness
- heart palpitations (heart beating quickly)
- new or increasing discomfort in your chest
- a new or worsening cough
- feeling more tired than usual

Take your heart medications as prescribed and:

- discuss with GP/Cardiologist before taking anti-inflammatory medication
- avoid taking non-prescribed medication unless you have spoken to your GP and/or Cardiologist
- do not stop taking your heart medication unless discussed with your GP and/or Cardiologist

Ensure you have the following vaccinations (discuss this with your GP):

- annual flu vaccine
- pneumococcal vaccine

No more than two caffeinated drinks per day (i.e. coffee, tea or coke)

No more than one to two standard alcoholic drinks per day (aim for two alcohol free days per week)

Call an ambulance if you experience:

- chest pain that does not go away, or reduce within 10 minutes of taking your heart medication, and/or
- severe shortness of breath



Notes, comments or additional information.

Further information:

Monday to Friday, from 8.00am to 4.00pm

Heart Failure Clinical Nurse Specialist on (08) 6457 4822

Or call the Hospital Switchboard on (08) 6457 3333 and ask the operator to Page 3884 Email: SCGH.heartfailure@health.wa.gov.au

Contact us

Mail

Heart Failure Service
Sir Charles Gairdner Hospital
Hospital Avenue
Nedlands WA 6009

Phone

Main line (08) 6457 3333
Patient enquiries (08) 6457 4444
Hearing impaired (TTY)
7.30am to 8.30pm (08) 6457 3900

Website

www.scgh.health.wa.gov.au

Produced by SCGH Heart Failure Service.
Information current as of July 2019.

This document can be made available in alternative formats on request for a person with a disability.

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