

Congestive Heart Failure Management Plan



- 1. Green means Go.** Follow medication, weight, and diet advice.
- 2. Yellow means Caution.** You may need to change your medicines.
- 3. Red means Danger.** Get help from a doctor today.

Call 911.

1. Green -- Go

- No shortness of breath
- Usual amount of swelling in legs
- No weight gain
- No chest pain
- No change in usual activity



Weigh yourself everyday



Take all your medicines



Eat a low salt diet



Go to your doctor appointments

Bring *all* your medicines to *every* appointment!!

2. Yellow -- Caution



Weight gain of:
-2-3 pounds in 1 day
-5 pounds in 1 week



Increased number of
pillows to sleep



Increased swelling
or cough



Shortness of breath
with activity



You may need to change your medicines

Call your doctor for instructions



3. Red --Take Action



Weight gain of more
than 5 lbs in 1 week



Dizziness or falling



Waking at night due to
shortness of breath



Shortness of breath at rest
chest tightness or wheezing

**Call your doctor *today* to report symptoms
and request an appointment.**



*****CALL 911 if having severe chest pain*****