



Watching My Symptoms— How Do I Take Charge?

Taking your medicines the right way is one of the most important things you can do for your health. Ask your doctor to help you fill out your plan. A plan can be very helpful, especially when your symptoms get worse.

Date: ____/____/____ Doctor/Phone: _____ Emergency number: _____

Target weight: _____ Target blood pressure: _____

Action:

- ☐ Take medicines as directed by doctor.
- ☐ Check your weight every day and write it down.
- ☐ Follow a low-salt diet and avoid alcohol.
- ☐ Get regular physical activity if your doctor approves.
- ☐ Check blood pressure if instructed.
- ☐ If you smoke, quit.

Call your doctor if you notice ANY of the following:

- ☐ Weight gain of 2 or more pounds in a day or 4 pounds in a week
- ☐ Increased swelling in ankles, legs, or belly
- ☐ Increased shortness of breath, especially when lying flat (eg, you may have to sleep sitting up)
- ☐ Extreme tiredness
- ☐ A cough that won't go away; or coughing up pink mucus
- ☐ Heartbeat is very fast
- ☐ You feel your heart is skipping beats
- ☐ Feeling restless, dizzy, or woozy
- ☐ Nausea or lack of appetite

Go to the emergency room (or call 911) immediately if:

- ☐ You have pain or discomfort in your chest, neck, arm, jaw or shoulder that does not go away when you rest or take nitroglycerin
- ☐ You have any other medical problems, including:
 - Severe shortness of breath
 - Unexplained sweating or weakness
 - Light-headedness, dizziness, or fainting
- ☐ You have difficulty with speech, sudden weakness in your arms or legs, or other symptoms of stroke
- ☐ You have a fainting spell or lose consciousness