

Traffic lights self-management tool for heart failure

Every day:

- Weigh yourself in the morning before breakfast, write it down and compare to yesterday's weight.
- Take your medicine as prescribed.
- Check for swelling in your feet, ankles, legs and stomach.
- Reduce salt intake.
- Balance activity and rest periods.

Which heart
failure zone are
you in today?

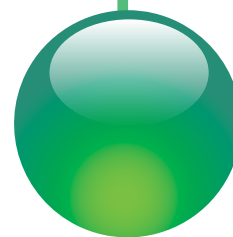
GREEN 

AMBER 

or **RED** 

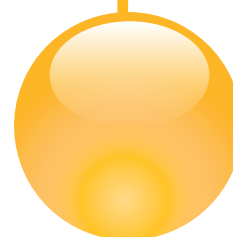
Your usual symptoms are under control and you have:

- No increased breathlessness.
- No extra swelling of you feet, ankles, legs or stomach.
- No significant weight gain (it may change by 1-2lbs some days).
- If weight increases up to 3lb and continues to increase the next day move to amber zone.



Contact your doctor or nurse as soon as possible if you have any of the following:

- Rapid weight gain of more than 4-5lbs over 2 consecutive days or weeks.
- Increased breathlessness and tolerating less activity.
- Increased swelling of feet, ankles, legs or stomach.
- Loss of appetite / nausea different to usual.
- Worsening dry cough.
- Dizziness or feel different to usual.
- It's harder for you to breathe when lying down.
- You need to sleep sitting up in a chair.



Call 999 immediately if you have any of the following:

- Struggling to breathe.
- Severe and persistent breathlessness whilst sitting up.
- Chest pain not relieved by GTN spray if you use it.
- Fainting.

