

# 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.
- Eat low salt food.
- Balance activity and rest periods.

Which heart failure zone are you in today?

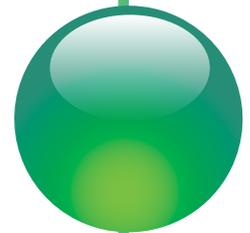
**GREEN** 

**AMBER** 

or **RED** 

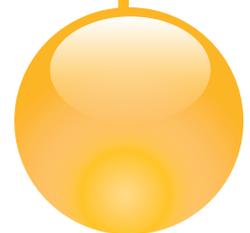
## Your usual symptoms are under control and you have:

- 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.

