

CHF

Daily

Medication administration: Take all medications as directed by physician.

Diet: Limit salt intake (2gm/200mg)

If applicable, strict fluid restriction (all Liquids)

Weigh self every morning after urination and before eating to monitor for fluid restriction. If greater than 4lbs in a 24 hour period, contact physician immediately. Know dry weight

Stay active: your doctor can provide a safe and effective plan, 30 min/day.

Get enough rest.

Smoking cessation if applicable.

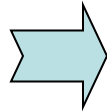
Do not take new medications without first consulting with your doctor.

Monitor for increased swelling, increased Cough or phlegm, weakness, new or unexplained symptoms.

Monitor blood pressure daily.

Limit caffeinated drinks may cause Increased palpitations.

Immediately report SOB when lying down, DOE, and PND.



Every 3-6 Months

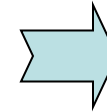
Doctor's appointment: Keep all medical appointments.

Bring all medications to your doctors appointments.

Notify healthcare provide of any changes that has occurred since last office visit.

***Please note:**

Certain medications may require more frequent monitoring. Please consult with your physician.



Yearly

Comprehensive physical exam.

***Please note:**

Certain medications may require more frequent monitoring. Consult with your physician.

Get the "flu" shot.

Make sure you are current on your pneumonia vaccination.

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- Weigh self every morning after urination and before eating to monitor for fluid restriction. If greater than 4lbs in a 24 hour period, contact physician immediately. *Know your dry weight*
- Stay active: your doctor can provide a safe and effective plan, 30 min/day.
- Get enough rest.
- Smoking cessation if applicable.
- Do not take new medications without first consulting with your doctor.
- Monitor for increased swelling, increased cough or phlegm, weakness, new or unexplained symptoms.
- Monitor blood pressure daily.
- Limit caffeinated drinks (may cause increased palpitations).
- Immediately report SOB when lying down, DOE (dyspnea on exertion), and PND (paroxysmal nocturnal).

3 – 6 MONTHS

- Doctor's appointment: Keep all medical appointments.
- Bring all medications to your doctors appointments.
- Notify healthcare provide of any changes that has occurred since last office visit.
- ***Please note:**
- Certain medications may require more frequent monitoring. Please consult with your physician

YEARLY

- Comprehensive physical exam.
- Get the "flu" shot.
- Make sure you are current on your pneumonia vaccination.