
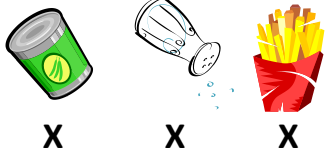









Instructions for Heart Failure Patients

	<p>Weigh yourself daily before breakfast. Keep a record of your weight (see back of page)</p>
	<p>Avoid high salt foods (canned, processed, convenience, or fast foods) and don't add salt to your food.</p>
	<p>Limit your fluid intake to 6 – 8 cups (8 oz or 250 ml) a day</p>
	<p>Take your medications as prescribed. Always carry a list of your medications. Do not take over the counter medications unless recommended by your doctor, especially Advil and Motrin (Ibuprophen).</p>
	<p>Be active: aim to walk for 30 minutes; 4 times a week. Start slowly and gradually increase your walking time each week. Rest if you become short of breath or tired.</p>
 <p>613-885-8840 Mary's pager # Leave a message or key in your telephone #.</p>	<p>Call *Mary Stever* if:</p> <ul style="list-style-type: none"> • You gain 2-3 lbs overnight or 5 lbs in a week. • You have shortness of breath, coughing or angina (chest heaviness). • You have increased signs of swelling such as swollen ankles or bloating. • You need to sleep sitting up or wake up short of breath at night. • You become lightheaded or weak. • You have vomiting or diarrhea <p>Mary will return your call ASAP if you leave a message or a telephone number.</p>
	<p>**Remember **if you are experiencing chest pain or shortness of breath which requires prompt medical attention...CALL 911</p>