



# Heart Failure Action Plan

**If you do not have an Action Plan – ask your doctor (GP) or nurse what you need to do**

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It is important that you record your weight and symptoms **every day**.

Weigh yourself first thing in the morning after you have been to the toilet and before you get dressed.

## Start your Action Plan if:

- Your weight increases for no reason by 2kg (or 4lb)
- You are getting more short of breath
- You wake up at night short of breath
- Your ankles or stomach start to swell
- You feel generally unwell (less energy and loss of appetite)

## Your Action Plan

- Follow your doctor's directions (below)
- Rest and reduce activity
- Reduce fluid and salt intake

*Your doctor may ask you to increase the diuretic (water tablet) you take for a short time eg take an extra frusemide (40mg) tablet for 3 days.*

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See your doctor if you do not feel better **two days** after starting your Action Plan

**If you feel very short of breath, call an ambulance (Dial 111)**