

Important things I must watch out for:

- Weight gain
 - ** 2kg or 4lb over 2 - 3 days **
- Swelling of my ankles, legs or tummy area that is getting worse.
- Feeling more breathless.
- Waking up from sleep short of breath 'gaspings' for air.
- Needing more pillows under my head in bed to help my breathing.
- A cough that is getting worse.
- Less appetite or feeling sick.
- Awareness of fast heart beat.
- Chest pain or tightness in the throat or chest.
- Passing less urine when you go to the toilet.
- New or worsening dizziness or feeling light headed

How to contact the Heart Efficiency Team?

If you any concerns regarding sudden weight gain with symptoms you maybe feeling, you can ring the service on the number below and leave a message.

01 – 4143136

9.00am and 16.00pm
Monday to Thursday

09.00-12.00 Fridays

Outside of these hours you must contact GP/On call GP or go straight to A&E.

Where can I get further information on my condition?

Irish Heart Foundation booklet called 'Step by step through Heart Failure'

Websites at

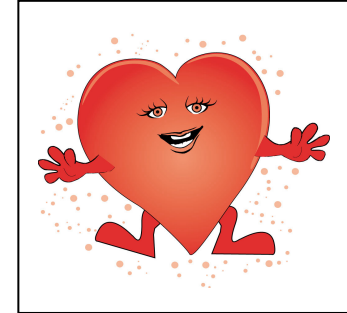
www.irishheart.ie

www.heartfailurematters.org

MPHE001-01



THE ADELAIDE & MEATH
HOSPITAL, DUBLIN
INCORPORATING
THE NATIONAL CHILDREN'S HOSPITAL



**How to
manage and
monitor my
condition**

Heart Efficiency Service

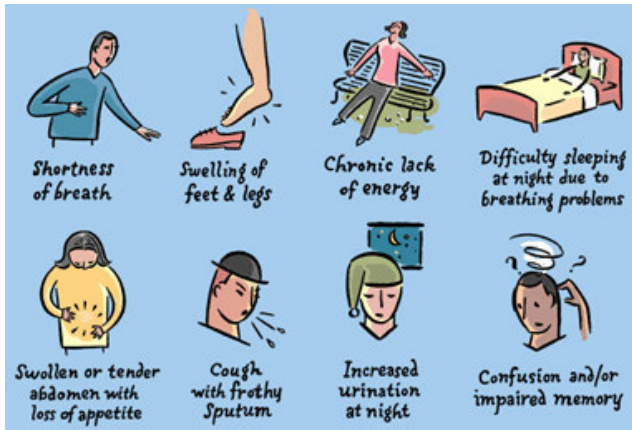
Getting to know your condition.

At the end of the programme you will be able to identify the changes in your condition that may need medical attention.

Early treatment of any such symptoms can prevent you ever needing to be admitted to hospital again.

What should I look out for?

The Nurse Specialist will discuss how you felt and what symptoms that you had on the days leading up to your hospital admission or GP visit.



This will help you and your family recognise any future symptoms earlier.

Monitoring your weight.

Recording your daily weights is an important part of monitoring of your condition. Slight weight gain, even without symptoms can be an early warning sign of fluid retention.

You should become familiar with your 'dry weight' preferably in kilograms. This is your weight without extra fluid. We will go through this with you.

When is the best time to weigh myself?

- In the morning
- After going to the toilet
- Still in bed clothes
- Before breakfast
- Record in weight monitoring diary.



Important

If you notice a weight gain of 2kgs or 4lbs within 2-3 days or if you become more breathless or are very tired, seek medical attention.

How much fluid can I drink?

You need to drink at least one litre of all fluids – tea, coffee, water, juices. Most stable patients are allowed to drink 1.5 to 2 litres a day.

What about alcohol?

Alcohol if desired should be taken in moderate amounts. In some cases where alcohol has damaged the heart muscle, it is best avoided and this should be discussed with your Doctor or Nurse Specialist in more detail.

Remember that this volume must be included as part of your fluid allowance.

Do I need to change my diet?

Salt can interact with some of your medication and cause you to retain fluid. Table salt should be avoided and taken off the table.

Alternative seasonings such as pepper, lemon, onion, garlic, fresh/dried herbs can be used.

"Salt Substitutes" are not suitable alternatives to salt. Fresh fruit and vegetables should play a large role in the diet.

How much physical activity can I do?

It is important to balance periods of activity with periods of rest.

Towards the end of your visits with us we may refer you to an 8 week exercise programme.