

HEART HEALTHY INSTRUCTIONS FOR ALL PATIENTS (3-11-09)



Do not smoke
Avoid second hand smoke



If you have chest pain, sit down. If you have Nitroglycerin prescribed to you, place it under your tongue, one pill every 5 minutes up to 3 tablets when needed for pain that will not go away.
If your chest pain will not go away: CALL 9-1-1



Eat a Low Cholesterol-Low Fat Diet

Read food labels for cholesterol and fat content. Reduce or eliminate animal fats from your diet, such as: butter, lard, whole milk, cheese, red meats and the fat attached to meat. Instead, select lean cuts of meat, 1% or non-fat milk, reduced fat cheese, fruits, vegetables and whole grain products. Select canola or olive oil for cooking or salad dressings.



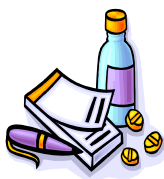
Eat a Low Sodium Diet

Read food labels for sodium content (mg.) and keep track of your total sodium intake per day. For example, if your doctor instructed you to follow a Low Sodium Diet, your total sodium intake should equal 2,000 mg. (1 gram = 1000 mg)



Activity (unless otherwise instructed by your physician)

Exercise Regularly with a goal of 30 minutes a day 4 times a week



Other Instructions

- ✓ Read and review all patient education materials used during your hospital stay.
- ✓ Take all medications as instructed at discharge. Ask your doctor or nurse if you have questions about why you are on these medications.
- ✓ Carry your current personal Medication List with you all times.

Follow up with your doctor.

If you have Heart Failure (HF), follow both the instructions above and the instructions below



It is important that you pace your activity.

Do not allow yourself to become too tired.

Begin a walking program or follow your doctor's activity instructions.



If your doctor has instructed you to limit your fluids, you should be consuming 48-64 oz (1.5-2 Liters) **This is not just water; includes coffee, tea, popsicles, Jell-o, etc

Excess fluid intake increases the amount of blood fluid that your heart has to pump. If you have **Heart Failure** follow the fluid restriction as instructed by your doctor.

Daily Weight for HF

If you have HF, it is important that you **weigh yourself daily each morning before breakfast, on a digital scale.**

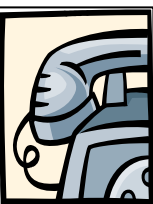


Write down your weight everyday, and take your record to your doctor's appointment. Unexplained weight gain may mean that you are retaining water.

Call your doctor for weight gain of greater than 2 pounds overnight, or 5 pounds in one week, or as instructed by your doctor.



Call 9-1-1 and come to the Emergency Department if you experience worsening shortness of breath



Call your doctor for an appointment if your HF symptoms return or any of the following symptoms start or get worse:

- ✓ Dizziness, feeling faint, or passing out
- ✓ Swelling of the stomach, feet, or legs that is worse than usual
- ✓ Nausea, vomiting, or severe leg cramping
- ✓ Change in ability to do daily activities