



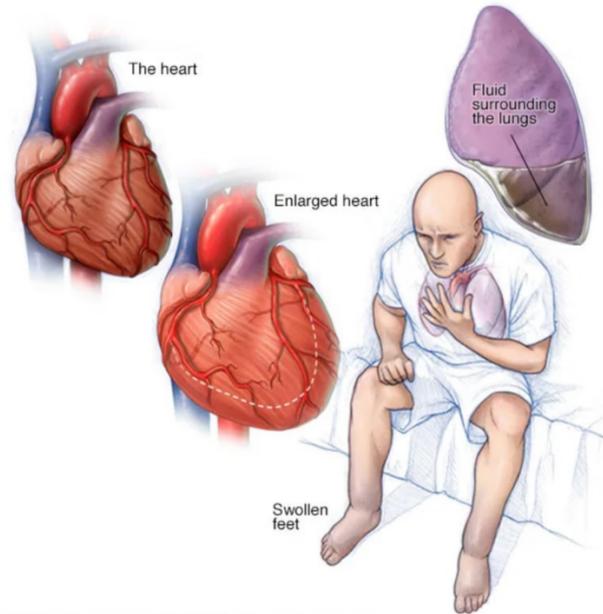
CHF: What You Should Know

Information for residents and families going home

What Is CHF?

CHF (Congestive Heart Failure) means your heart is not pumping blood as well as it should. Over time, this can cause the heart to become larger and fluid to build up in the body.

CHF does not go away, but symptoms can be managed at home.



CHF Can Cause:

- Shortness of breath
- Swelling in feet, legs, or belly
- Feeling tired or weak
- Weight gain from fluid

Medications for CHF

Medications help your heart work better and help remove extra fluid. Take them exactly as prescribed.

Common CHF medications may include:

- Water pills (diuretics)
- Blood pressure or heart medicines

Common medication names you may hear:

- Furosemide (Lasix)
- Metoprolol
- Lisinopril

Do not skip doses, even if you feel better.

Daily Weight Checks

If your provider tells you to check your weight, weigh yourself every morning:

- Use the same scale
- Wear similar clothing
- Weigh before eating

Call your provider if you gain:

- 2-3 pounds in one day OR
- 5 pounds in one week

Healthy Habits at Home

- Limit salt (sodium)
- Follow fluid limits if given
- Stay active as you are able
- Do not smoke

Follow-Up Care

- Keep all follow-up appointments
- Bring a list of your medications
- Ask questions if you are unsure about your care

When to Call for Help

Call your doctor or health care provider if you notice:

- You gain weight quickly
- Swelling increases
- You feel more tired than usual
- You feel short of breath with activity

Call 911 right away if you have:

- You have trouble breathing at rest
- You wake up gasping for air
- You have chest pain
- You feel dizzy or faint

Questions or Concerns?

If you have questions about your CHF care, contact your healthcare provider.

This handout is for education only and does not replace medical advice.