

Heart failure checklist

Every day monitoring:

- Weigh yourself in the morning before breakfast; compare it to your previous weight.
- Check your feet, ankles, legs and stomach for swelling.
- Take your medications as prescribed.
- Keep to the fluid restriction set by your heart function nurse or doctor.
- Maintain a low salt diet.
- Balance your activity and rest periods.

Get in contact with your heart function nurse or GP if you have had vomiting, diarrhoea or changes with your symptoms.

Which heart failure zone are you in today?

Symptoms well controlled

- No changes in your breathing.
- No extra swelling than usual.
- No chest pain or tightness.
- No change in weight (it may change 1 or 2lbs / 0.5kg some days).
- Exercise tolerance remains the same.

Contact your doctor or heart function nurse as soon as possible.

- Weight has increased by 2-3lbs (1kg) from one day to the next OR increased by 4-5lbs (2-3kg) over 1 week.
- Increased swelling than usual.
- Increased shortness of breath.
- Reduced exercise tolerance.
- Needing more pillows to sleep, or hard to breathe when lying down.
- Coughing or waking up suddenly in the night.
- New or worsening dizziness.
- New or worsening palpitations.
- New cough.

Call for help immediately

Call 999

- Struggling to breathe.
- Unrelieved shortness of breath when sitting still.
- Chest pain unrelieved by GTN spray.
- Fainting or collapsing.
- Signs of infection.

Contact a Heart Function Nurse or Doctor if some or all of the following occur:

1. Increase in breathlessness
2. Ankles/legs/stomach become more swollen
3. Weight increases by 2-3 pounds (1kg) overnight
4. Weight increases by 4-5 pounds (2kg) over a week

Patient daily weight chart:

Date	Weight	Date	Weight	Date	Weight

How to weigh consistently:

1. Weigh self first thing in the morning
2. After toilet, before breakfast
3. Wear consistent clothing
4. Place scales on a firm surface
5. Check scales are zeroed correctly

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Reference RCHT2164
Printed 03/2026
Version 1.0
Review due 03/2029

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