



Lodi Memorial Hospital

975 S. Fairmont Ave, Lodi CA 95240

(209) 334-3411

Date: 12/17/13

Account No: V025299538

Unit No: M053082

Patient: PARVIN, MARY JEAN

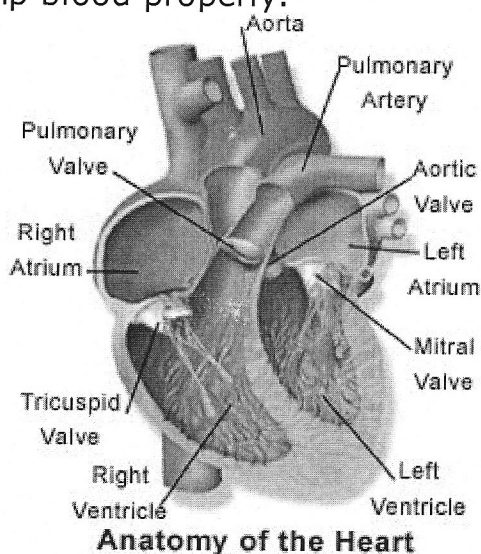
Location: 4S

Physician: Multani, Kuljeet K MD - HOSP

Congestive Heart Failure

WHAT YOU SHOULD KNOW:

Congestive heart failure is a life-threatening disease that occurs when your heart becomes too weak to pump blood properly.



AFTER YOU LEAVE:

Medicines: Do not stop taking your medicines without talking to your cardiologist. Ask what to do if you miss a dose.

- **Heart medicines:** You may be given more than 1 medicine to improve the function of your heart. Heart medicines may decrease your symptoms and slow the progression of your disease. They may also help your heart pump strongly and regularly, and improve blood flow.
- **Blood thinners:** These prevent blood clots. They may make you bruise or bleed more easily. Use a soft toothbrush and an electric shaver to prevent bleeding. Aspirin is a type of blood thinner. If you are directed to take aspirin daily, **do not** take acetaminophen or ibuprofen instead. Do not take more or less aspirin than directed. If you are on other blood thinner medicine, ask before you take aspirin for any reason.
- **Diuretics:** These help your body get rid of extra fluid. You may urinate more



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often while you are taking diuretics.

- **Take your medicine as directed:** Call your cardiologist if you think your medicine is not working or you have side effects. Tell him if you are allergic to any medicine. Keep a current list of the medicines, vitamins, and herbs you take. Include the amounts, and when, how, and why you take them. Take the list or the pill bottles to follow-up visits. Carry your medicine list with you in case of emergency.

Follow up with your cardiologist or primary healthcare provider as directed: You may need to follow up 7 to 10 days after you leave the hospital. You will need to have blood tests to check the levels of certain medicines in your blood. You may also need tests to check your heart. Write down your questions so you remember to ask them during your visits.

Do not smoke or take illegal drugs: Cigarettes and illegal drugs can worsen your heart failure. Ask for information if you are having trouble quitting.

Limit or avoid alcohol: Alcohol can worsen your heart failure and increase your blood pressure. Women should limit alcohol to 1 drink a day. Men should limit alcohol to 2 drinks a day. A drink of alcohol is 12 ounces of beer, 5 ounces of wine, or 1½ ounces of liquor.

Cardiac rehab: You will learn how to live a more heart-healthy lifestyle, including nutrition and exercise.

Daily weight: Weight gain can be a sign of extra fluid in your body. Weigh yourself at the same time every morning. Weigh yourself on the same scale, before you eat and after you urinate. Record your weights, and the time you weighed yourself. Bring the record to your follow-up visits.

Eat low-salt foods: You may need to limit the amount of sodium (salt) you eat to 2 to 3 grams each day. Check labels to find low-sodium or no-salt-added foods. Some low-sodium foods use potassium salts for flavor. Too much potassium can also cause health problems. Ask what amounts of sodium and potassium salt are safe for you.

Electrical and magnetic device safety: An implanted defibrillator or pacemaker may not work properly around cell phones, security systems, and



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monitors. Ask how long you can be near these devices, and which devices to avoid. An implanted device means you cannot have an MRI. An MRI uses a strong magnet that attracts the devices metal, and may lead to a very serious injury.

Get regular exercise: Exercise may help decrease your symptoms and improve your heart function. Exercise also helps with weight control. Always include warmup and cool-down activity each time you exercise. **Never start an exercise program before you talk with your cardiologist.** If you feel more tired than usual the day after you exercise, you may need to change your program.

Limit liquids: You may need to drink less fluids to help balance your fluid level. Ask how much liquid you should drink each day.

Prevent pregnancy: During pregnancy and childbirth, the heart works harder than usual. Pregnancy may cause health problems for the mother and unborn baby. Certain medicines to treat heart failure should not be taken during pregnancy. Heart failure symptoms may get worse. Ask about safe ways to prevent pregnancy.

Sexual activity: Ask your primary healthcare provider if it is safe for you to have sex. During sex, stop if you feel chest pain or have shortness of breath.

Travel and outdoor safety: Do not travel to altitudes above 1500 meters (4921 feet). Stay indoors when the weather is hot or humid, or there is heavy pollution in your area. High altitudes, bad weather, and poor air quality can worsen your symptoms.

For more information:

- American Heart Association
7272 Greenville Avenue
Dallas, TX 75231-4596
Phone: 1-800-242-8721
Web Address: <http://www.heart.org>
- Heart Failure Society of America
2550 University Avenue West
St. Paul, MN 55114
Phone: 1-651-642-1633
Web Address: <http://www.abouthf.org>



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Contact your cardiologist or primary healthcare provider if:

- You are more tired than usual.
- You gain 2 or more pounds in 1 day, or 4 or more pounds in 1 week.
- You have increased swelling in your legs, ankles, feet, or abdomen.
- You feel anxious or depressed.
- Your heart is fluttering or jumping.
- You have no appetite, or you lose weight without trying.
- Your blood pressure is higher or lower than your primary healthcare provider says it should be.
- You have questions or concerns about your condition or care.

Seek care immediately or call 911 if:

- **You have any of the following signs of a heart attack:**
 - Pain, pressure, or fullness in your chest that lasts more than a few minutes or returns
 - Pain or discomfort in your back, neck, jaw, stomach, or arm
 - Nausea
 - Shortness of breath
 - Lightheadedness, dizziness, or a sudden cold sweat
- Your fingers or toes are cold and pale or blue.
- You are coughing up pink and foamy, or bloody sputum, or you have a constant dry cough.



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- Your heart is beating faster than normal for you.
 - You have diarrhea or are vomiting and not able to eat or drink.
 - Your neck veins are bulging.
 - You are urinating very little, or not at all.

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The above information is an educational aid only. It is not intended as medical advice for individual conditions or treatments. Talk to your doctor, nurse or pharmacist before following any medical regimen to see if it is safe and effective for you.