

## Discharge information

Symptoms to look for when you go home from the hospital.



## Zone Tool Heart Disease

### Green Zone

#### ALL CLEAR (GOAL)

- No problem breathing
- No swelling of feet, ankles or legs
- No increase in weight
  - Your goal weight: \_\_\_\_\_ pounds
- No chest pain
- Able to do usual activities

#### Doing Great!

- Your symptoms are under control
- Actions:
  - Take medicines as ordered
  - Weigh self every day
  - Maintain healthy weight
  - Eat foods lower in salt
  - Stop smoking
  - Limit alcohol
  - Keep all doctor appointments

### Yellow Zone

#### WARNING

#### If you have any of the following:

- Chest pain or discomfort
- Pain or discomfort in arms or shoulders
- Short of breath or coughing with activity
- Extra pillows to sleep
- 3 pound weight gain in one day
  - Other \_\_\_\_\_
- Swelling of feet, ankles, or legs
- More tired

#### Act Today!

- You may need your medicines changed
- Actions:
  - **Call your home health nurse**  
 \_\_\_\_\_  
 (agency's phone number)
  - **Or call your doctor**  
 \_\_\_\_\_  
 (doctor's phone number)

### Red Zone

#### EMERGENCY

- Chest pain or tightness that does not go away
- Pain or discomfort in jaw, neck, or back
- Sweating or nausea
- Pain continues or comes back after taking Nitro tablets dose = \_\_\_\_\_
- Trouble breathing at rest
- Must sit up to breathe
- 5 pound weight gain in 1 week
- Swelling of hands or face
- Weak, lightheaded, or faint
- Women: stomach and/or upper back pain

#### Act NOW!

- You need to be seen right away
- Actions:
  - **Call your doctor**  
 \_\_\_\_\_  
 (doctor's phone number)
  - **Or call 911**