

# Heart Failure Signs and Symptoms - A guide for patients

**Sandwell Community Heart Failure Service**

**Monday to Friday - 8am-6pm** - call the contact centre: 0121 507 2664  
option 3, option 4 and then option 2.

**Saturday and Sunday - 8am-4pm** - call service mobile: 07580 325439

<b>Feeling well</b> <b>All clear</b>	<b>Not feeling so well</b> <b>Caution</b>	<b>Feeling very unwell</b> <b>Urgent action required</b>
<ul style="list-style-type: none"> <li>• No weight gain</li> <li>• No increased shortness of breath</li> <li>• No increased swelling</li> <li>• Normal activity level</li> </ul>	<p>Do you have 1 or more of the following?</p> <ul style="list-style-type: none"> <li>• Increased weight (2-3lbs in 1 day or 4-5lbs in a week)</li> <li>• Increased cough</li> <li>• Increased swelling of feet/ legs/ abdomen (tummy)</li> <li>• Increased shortness of breath with activity</li> <li>• Needing more pillows to sleep or sleeping in chair</li> <li>• Waking up at night short of breath</li> </ul>	<p>If you are experiencing <b>unrelieved/ persistent/ unusual symptoms for you:</b></p> <ul style="list-style-type: none"> <li>• Shortness of breath</li> <li>• Chest pain/discomfort</li> <li>• Chest wheeze</li> <li>• Heart fluttering/pounding/ racing</li> <li>• Mental confusion/ disorientated</li> <li>• Feeling as if you are going to faint</li> <li>• Blackouts</li> </ul>
<p><b>What this means...</b></p>	<p><b>What this means...</b></p>	<p><b>What this means...</b></p>
<ul style="list-style-type: none"> <li>• Your symptoms are under control.</li> <li>• Continue taking your medication as prescribed.</li> <li>• Follow a low salt diet.</li> </ul>	<p>Discuss your symptoms</p> <ul style="list-style-type: none"> <li>• Immediately with your heart failure nurse or GP.</li> <li>• Your treatment may need adjusting.</li> </ul>	<ul style="list-style-type: none"> <li>• You need to be seen by a doctor right away.</li> <li>• Dial 999 immediately.</li> </ul>