



information

My heart failure self-management record

Use this sheet to record important information about your heart failure. Bring this sheet with you to your appointments with your health care provider.

My medications

ACE inhibitor/ARB

Name of medicine: _____ Dose: _____

How it works: Reduces the amount of work your heart has to do to pump blood. May help to improve symptoms, prolong life, and lower the risk of hospitalizations for heart failure.

May cause: Mild dizziness or lightheadedness, dry cough

Side effects that need immediate attention: Swelling of the tongue or face (very rare)

Diuretic

Name of medicine: _____ Dose: _____

How it works: Helps the body get rid of excess fluid

May cause: Mild dizziness or lightheadedness

Side effects that need immediate attention: Signs of excess potassium loss, including: muscle cramps, severe weakness, skips in the heartbeat

Beta blocker

Name of medicine: _____ Dose: _____

How it works: Reduces the amount of work your heart has to do to pump blood. May prolong life and reduce the risk of hospitalization for heart failure. May gradually improve your heart's functioning.

May cause: Mild dizziness and lightheadedness

Side effects that need immediate attention: Severe weakness, sudden new weight gain, new swelling, new difficulty breathing, very slow heartbeat

Spirolactone (Aldactone)

Dose: _____

How it works: Works with diuretics to help get rid of excess fluids. Helps the body to save potassium.

May cause: Breast swelling and tenderness in men is a common but harmless side effect. May also cause mild dizziness or lightheadedness.

Side effects that need immediate attention: Signs of high potassium, including: severe dizziness or lightheadedness, rapid heartbeat or skipped beats, nausea and vomiting

Digoxin

Name medicine: _____ Dose: _____

How it works: Helps the heart to pump more strongly. Controls the rhythm of the heartbeat.

May cause: A slight slowing of the heartbeat

Side effects that need immediate attention: Signs of digoxin toxicity, including: nausea, vomiting, change in vision (blurring or yellow/green halos), dizziness, fainting

Other medication:

Name of medicine: _____ Dose: _____

How it works: _____

May cause: _____

Side effects that need immediate attention: _____

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Name of medicine: _____ Dose: _____

How it works: _____

May cause: _____

Side effects that need immediate attention: _____

