

Heart failure

Heart failure means the heart is not meeting the body's needs. It may involve reduced pumping strength or difficulty relaxing and filling, even with a preserved ejection fraction. Treatment and daily observation help.

Everyday care

- Take medicines consistently and follow your care team's salt and fluid advice.
- Track weight and symptoms as instructed. Ask what amount of weight change you should report.
- Keep lab and follow-up visits; do not change diuretics unless you have a specific plan.

When to contact your care team

Contact your care team promptly for increasing swelling, rapid weight change, worsening breathlessness, or needing more pillows to breathe comfortably.

When to call 911

Call 911 for severe trouble breathing at rest, chest pressure, fainting, or new confusion with severe illness. Do not drive yourself.

Questions for your next visit

What type of heart failure do I have? / What weight or symptom change should I report? / What is my medication and follow-up plan?

Care team/contact: _____ Next visit: _____

[Read the full patient guide online](#)

This summary supports your personal care plan. Medication and activity instructions may differ.