

Contents Heart failure Diary

Polikliniek Cardiologie



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2. Introduction to the Heart Failure Diary

The heart failure clinic gave you this diary. It is an important aid for you and your doctors and other caregivers.

- You must take this diary with you every time you visit the hospital or your doctor.
- You must also always take a Medication Summary (no older than 3 months) with you, or the boxes of medication you are currently taking.

This diary includes agreements made with you about fluid and sodium restriction.

You can record your weight daily. This diary provides an overview of the topics you will be informed about.

At the back of the diary, there is space for details, questions and other agreements.

When the diary is full, you can request a new one from the heart failure nurse.

3. Personal Guidelines

Fluid restriction:

You are advised to drink a maximum of ml per day.

The total amount of fluid you drink per 24 hours includes all cold and hot drinks, soup, custard, yoghurt and applesauce. (It also includes fruit if you consume more than one piece per day)

Sodium restriction: You may consume a maximum of 2000–2400 mg of sodium per day = 5–6 grams of salt (salt consists of 40% sodium).

For more information on fluid and sodium restriction, read the following information leaflets from the Dutch Heart Foundation

- ‘Heart failure. What is it?’

and

- ‘Eating to your heart’s content.’

Daily weighing We recommend weighing yourself daily, if possible, in the morning after urinating and before getting dressed and eating breakfast. A weight increase could mean you are retaining fluid.

Daily exercise It is important that you exercise every day, among other things, to maintain your fitness level. You could cycle or walk, for example. During your visit to the heart failure clinic, we will inform you of other options for maintaining your fitness level.

Relevant information can be found on the following website:

- heartfailurematters.org (in Dutch) and at the Dutch Heart Foundation.

4. When to contact us You are advised to contact your heart failure nurse or doctor in case of:

- 2 kg or more increase or decrease in your weight within 2–3 days;
- Increase in shortness of breath (day or night);
- Restlessness at night, or having to sleep more upright than usual;
- Faster or irregular heartbeat, palpitations;
- Dizziness;
- Nausea, vomiting or diarrhoea;
- Painful or full feeling in your upper abdomen, decreased appetite;
- You urinate less during the day and more at night;
- You develop a dry ticklish cough;
- Swollen ankles or feet;
- Decreased ability to concentrate;
- Increased tiredness.

5. Weight check

[illegible]



Let op: In deze folder staat informatie die belangrijk is voor u. Heeft u moeite met de Nederlandse taal? Lees deze folder dan samen met iemand die de informatie voor u vertaalt of uitlegt.

Please note: This leaflet contains information that is important for you. If you have trouble understanding the Dutch language, you should read this leaflet together with someone who can explain the information or translate it for you.

Dikkat: Bu broşür sizin için önemli bilgiler içerir. Hollandaca okumakta zorlanıyor musunuz? O zaman broşürü bilgileri sizin için çeviren ya da açıklayan biriyle okuyun.

Uwaga: Ta ulotka zawiera ważne dla Ciebie informacje. Masz trudności ze zrozumieniem języka holenderskiego? Przeczytaj tę ulotkę razem z kimś, kto przetłumaczy jej treść lub będzie w stanie wyjaśnić zawarte w niej informacje.

انتبه: هناك معلومات مهمة بالنسبة لك في هذا المنشور. هل تواجه صعوبة في اللغة الهولندية؟ اقرأ إذن هذا المنشور مع شخص آخر يترجم أو يشرح لك المعلومات.