

ARE YOU EXPERIENCING HEART FAILURE FLUID BUILDUP¹?

Heart failure fluid build up is serious, so it's important to stay aware of your symptoms. Even when you take water pills, your fluid can still build up.^{2,3} When this happens, an at-home treatment option is available.

If you are experiencing any symptoms in the yellow zone, call your heart failure care team. Don't wait until your symptoms are so severe you need emergency care.



You are in control. No action needed. Keep up the good work!

- No shortness of breath
- No swelling in feet, ankles, legs, or stomach
- Can sleep as well as usual



CHECK IN! Call your care team to help get you back on track.

- More trouble breathing than usual
- Weight gain of 3 or more pounds since yesterday
- Trouble sleeping flat
- Swelling in feet, ankles, legs, or stomach



WARNING! Call your care team now or call 911.

- Suddenly cannot breathe or have trouble breathing at rest
- Confusion or can't think clearly



An at-home treatment option is available. Ask your doctor if it's right for you.

[LEARN MORE](#)

References: 1. American Heart Association. Self-Check Plan for HF Management. 2022. 2. Vasko MR, Brown-Cartwright D, et al. Furosemide absorption altered in decompensated congestive heart failure. *Annals of Internal Medicine.* 1985;102:314-318. 3. Girerd N, Mewton N, et al. Practical outpatient management of worsening chronic heart failure. *European Journal of Heart Failure.* 2022;24:750-761.

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