

# FLUID BUILDUP SYMPTOM TRACKER

Fluid build up due to heart failure or chronic kidney disease (CKD) is serious, so it's important to stay aware of your symptoms. Even when you take water pills, your fluid can still build up. When this happens, an at-home treatment option is available.

If you are experiencing any symptoms in the yellow zone, call your 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 swelling in feet, ankles, legs, or stomach
- No shortness of breath
- Can sleep as well as usual



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

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



**WARNING! Call your care team now or call 911.**

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

**LEARN MORE**

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