**trAFFIc lIGHts 3.5.1**

TRAFFIC LIGHTS

**Your daily guide to living with Heart Failure**

**Green -** Your condition is stable if…

* Your weight is stable.
* Your appetite remains the same.
* You have no new or increased swelling in your feet, ankles, legs or tummy.
* Your breathing pattern is the same as it normally is.
* You have no chest pain.
* You do not feel more tired than usual.


# **Amber -** contact Your Heart failure nurse or GP if…

* Your weight has suddenly increased within the last few days (by 2 to 3 pounds overnight or more than 5 pounds in a week).
* You have lost your appetite.
* Your feet, ankles, legs or tummy are more swollen than usual.
* You feel more breathless than usual.
* You need extra pillows to prop yourself up in bed in order to help you breathe more easily.
* Your breathing is causing you to have a restless night’s sleep.
* You have started coughing more than normal.
* You are feeling, or have recently felt, palpitations or flutters in your chest.
* You have had to use your Gtn or nitroglycerin spray to relieve an episode of chest pain on more than one occasion
* You feel more tired than usual and are sleeping a lot more.

# **reD -** seek HelP. You need to PHone 999 and ask for an ambulance immediatelY if…

* You have ongoing pains in your chest or perhaps your arms, back, or jaw, for more than 15 minutes despite using your glyceryl trinitrate spray (Gtn/nitroglycerin) spray.
* the pain is making you feel sick, clammy, sweaty, or breathless.
* You are finding it hard to breathe even when you are sitting down.
* You have suddenly started to feel confused; things are not clear or making sense.

**If you are admitted to hospital, it is important that you, a family member or carer contacts your Heart Failure nurse during your stay.**

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