

### British Heart Foundation

Telephone: 0300 303 311  
[www.bhf.org.uk](http://www.bhf.org.uk)

### St Helens Carers Centre

Telephone: 01744 675615  
[www.sthelenscarers.org.uk](http://www.sthelenscarers.org.uk)

### Heart Support Group

<http://sthelens.healthyheartgroup.org.uk>

### Local Community Pharmacy

Your local community pharmacies offer a wide range of services including information and general advice on symptom relief medicines as well as a prescription collection and delivery service.

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

St Helens Hospital  
Marshall Cross Road,  
St Helens, Merseyside, WA9 3DA  
Telephone: 01744 26633

# St Helens Nurse-Led Heart Failure Service

## Patient discharge advice leaflet

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

You have been discharged from the Community Heart Failure Service as your condition is now stable and you are on the best doses of medication to control your symptoms.

To remain stable you should:

- Take your medication exactly as prescribed.
- Not run out of your tablets.
- Weigh yourself and report any sudden increase in weight, breathlessness or swollen ankles to your GP as soon as possible.
- Continue with lifestyle advice such as using less salt and less alcohol.
- Do not smoke.
- Keep as active as you can.
- Check your symptoms with the red/green boxes opposite.

If you notice any symptoms from the red box, please contact your GP and they will advise you. Your GP may consider referring you to our service in the future.

- No more breathless than usual.
- No changes in weight.
- Ankles and legs not swollen.
- No more tired than usual.
- Able to carry out normal daily activities.

- More breathless than usual.
- Breathless when lying flat.
- Being woken up from sleep with breathlessness.
- Unable to walk as far as usual.
- Weight increase by two-three lb (one-two kg) in two-three days or five-seven lb (two-three kg) over a week for no apparent reason.
- Swollen ankles, legs or tummy.
- Unusually tired.
- Develop a cough or phlegm.