## WARNING SIGNS

**IT IS IMPORTANT TO MONITOR ALL YOUR SYMPTOMS ON A REGULAR BASIS.**
This document is a quick reminder of symptoms that you should look out for and what you should do if they occur.

### CALL FOR IMMEDIATE HELP IF YOU EXPERIENCE:
- Persistent chest pain that is not relieved by nitroglycerin
- Severe and persistent shortness of breath
- Fainting

### INFORM YOUR DOCTOR OR NURSE AS SOON AS POSSIBLE IF YOU EXPERIENCE:
- Increasing shortness of breath and tolerating less and less activity
- Consistently awakening short of breath
- Needing more pillows to sleep comfortably
- Rapid heart rate or worsening palpitations

### DISCUSS WITH YOUR DOCTOR OR NURSE:
- Rapid weight gain of more than 2 kilos (3 pounds) in three days
- Progressive swelling or pain in the abdomen
- Increasing swelling of the legs or ankles
- Worsening dizziness
- Loss of appetite/nausea
- Increasing fatigue
- Worsening cough

If you have any other symptoms that are causing you concern you should discuss them with your doctor or nurse.

### IN CASE OF EMERGENCY, CALL:
*enter your doctor or nurse’s name*

### TELEPHONE NUMBER:

Developed by the Heart Failure Association of the European Society of Cardiology