



Patient Education Handout

Understanding and Managing Congestive Heart Failure (CHF)

What is CHF?

Congestive Heart Failure (CHF) is a condition where the heart is not able to pump blood effectively. This can cause fluid to build up in the body, leading to symptoms such as tiredness, swelling, and trouble breathing.

Common Symptoms to Watch For

- Swelling in your legs, ankles, or belly
- Trouble breathing or shortness of breath (especially when lying down)
- Feeling tired or weak
- Sudden weight gain (more than 2-3 pounds in a day)
- Cough that doesn't go away

If you notice any of these symptoms, tell your nurse or doctor right away.

How to Help Manage CHF

1. Take Your Medications

- Always take your medications as prescribed
- Do not skip doses
- If you're unsure about a medicine, ask a nurse or doctor

2. Watch Your Weight

- Weigh yourself at the same time every day (usually in the morning)
- Tell your nurse if you gain more than 2-3 pounds in a day or 5 pounds in a week

3. Limit Salt and Fluids

- Avoid salty foods like chips, canned soup, or fast food
- Try not to drink more than your care team recommends

4. Stay Active



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- Try to move around a little each day
- Ask your care team what kind of activity is safe for you

5. Know When to Get Help

- Chest pain
- Trouble breathing when resting
- Swelling that gets worse quickly
- Feeling dizzy or faint

Call your nurse or doctor if you feel worse or are unsure what to do.

Important Tips

- Keep a list of your medications with you
- Bring all your medications to every appointment
- Ask questions if something is unclear
- Involve family members or caregivers in your care

Contact Your Care Team

If you have questions or concerns, contact your nurse, doctor, or facility staff.

Providerloop is here to help you and your family manage heart failure and stay healthy.

This handout is for general education only. Always follow the advice of your healthcare provider.