

## Dear patient;

Through the present instruction, it is attempted to provide with necessary information about the disease. We hope you may improve your life quality and quantity by observing these tips.

## Heart Failure

Failure of heart in pumping sufficient volume of blood to meet the body requirements is called Heart Failure. This progressive disease may offend heart functions; and also, it can relate to left, right or both sides of the heart.

## Symptoms:

- Dyspnea during physical activities, rest-time and/ or nightlong time
- Persistent coughing
- Fatigue and asthenia
- Swelling in body organs
- Anorexia and rapid weight-gain



## Activities

**Progress your activities as much as you can bear.**

- Whenever you feel severe dyspnea, sit on the bed and hang your legs out of it. Put your hands and head on the desk above the bed and support your backbone by some pillows.
- Perform your physical activities based on specific intervals and have a rest in between.
- Avoid hard physical activities.
- Avoid physical activities for 2-3 hours after eating (by physical activities we mean sport exercises or taking shower).
- The best exercise is walking (as much as you can bear).

## Diet

- Avoid salty foods.
- Natural amount of Na (salt) on your diet must be limited to 1-2 g in a day.

- If necessary, you can add lemon-juice, aromatic vegetables, clove, bell pepper and other spices and citrus to your food to make it tasty.
- Eat low-sodium foods such as chicken, fish, potato and etc. and avoid high-sodium foods such as salt-down meat, coned foods, sausage, hamburger, sauces, pickle and some kinds of cheeses.
- Several courses of meal in low amounts in a day are recommended.
- Avoid stimulant edibles such as coffee, caffeine, alcohol and cigarettes.



- If you suffer from severe heart failure, observe liquid consumption limitations (less than 1.5 liters in a day).
- Report 1- 1.5 kg weight-gain in a day or 2.5 kg in a week to your doctor.
- Different kinds of liquid oils (including sunflower oil, soybean oil, olive oil, sesame oil) are more convenient to heart health condition.



### Drugs

One of the drugs recommended to you is Digoxin.

- Digoxin must be taken on physician's recommendation.
- Before you take the drug, check your pulse rate (based on the method you have learnt from your nurse). If the

pulse rate is less than 60 in a minute, let your physician or nurse know.

- You'd better to take Digoxin 1 hour before and 2 hours after breakfast.

**Report the symptoms of Digoxin intoxication to your physician (anorexia, confusion, vision disorders, nausea and vomit).**

### Furosemide or Lasix

- Furosemide or Lasix is a diuretic drug and preferably, it should be taken in the morning.
- In order to prevent immediate blood pressure reduction, move in a slow manner.
- On your physician' or nurse's recommendations, have periodical blood tests.

**Javad Al Aeme Heart Hospital**

**Vakil Abad Blvd -  
Honarestan St.**

**Tel : +9851-38816010**



Masahad University of Medical Sciences  
School of Nursing and Midwifery

**PATIENT TRAINING**

# Heart Failure



[www.jhosp.com](http://www.jhosp.com)