**TAVI DAILY WEIGHT TRACKER**

**HEALTHY HEART MANAGEMENT ZONES**

**GREEN ZONE (ALL CLEAR)**
- No weight gain.
- No swelling.
- No shortness of breath.
- No chest pain.
- Normal activity level.
- The insertion site is dry, no bleeding or new swelling.

If you are in the Green Zone:
- Your symptoms are under control.

What you should do:
- Keep taking your medications as prescribed.
- Continue to weigh yourself daily.
- Continue to follow a low salt diet.
- Keep your regular doctor appointments.

**YELLOW ZONE (CAUTION!)

- Weight gain of more than two pounds in one day or five pounds in one week.
- Increased cough.
- Increased shortness of breath.
- Waking up at night with shortness of breath.
- Extra pillows needed.

If you are in the Yellow Zone:
- Your medications may need to be adjusted.
- Your doctor may need to check your insertion site.

What you should do:
- Call the TAVI coordinator at 613-696-7000 ext. 18826.
- If the office is closed, call the Heart Institute nursing coordinator at 613-696-7000 (press 0).

**RED ZONE (ALERT!)

- Unrelieved shortness of breath.
- Shortness of breath at rest.
- Wheezing or chest tightness at rest.
- Need to sit in a chair to sleep.
- Feeling confused or disorientated.

What you must do if you are in the Red Zone:
- You need to see your doctor right away
- If you cannot reach your doctor, go to the nearest emergency department. Bring this form with you.

- Cardiologist: ____________________________
- Family doctor: ____________________________

**TIPS FOR HEART-HEALTHY LIVING**

- Understand your medications and take them as directed.
- Don’t stop taking your medications even if you feel better.
- If your condition changes or you have new symptoms, call your doctor before it becomes an emergency.
- Carry on with the physical activity plan that you started in the hospital.
- Be active every day.

**WEIGH YOURSELF EVERY MORNING**

- Empty your bladder.
- Wear the same amount of clothing.
- Weigh yourself before breakfast.
- Use the same scale.
- Record your weight in the calendar.

**Day-to-day weight gain is usually fluid gain, not calories.**

**PLEASE BRING THIS TRACKER WITH YOU TO YOUR NEXT APPOINTMENT.**