

Cardiologist: _____ **Phone :** _____

Family doctor: _____ **Phone:** _____

Other: _____ **Phone:** _____

HEALTHY HEART MANAGEMENT ZONES

GREEN ZONE (ALL CLEAR)

- Normal activity level
- No abnormal bleeding
- No chest pain
- Rare, short (less than 12 hours) episodes of rapid or irregular heartbeats
- No shortness of breath or dizzy spells

If you are in the Green Zone:

- Your symptoms are under control.

What you should do:

- Keep taking your medications as prescribed.
- Keep track of any unusual events, for example, short episodes of rapid or irregular heartbeats.
- Keep your regular doctor appointments.

YELLOW ZONE (CAUTION!)

- Increased shortness of breath during regular activity
- More frequent episodes or episodes lasting longer than 12 hours of rapid or irregular heartbeats
- Dizzy spells, unusual tiredness, or fatigue

If you are in the Yellow Zone:

- Your medications may need to be adjusted or you may need some extra tests.

What you should do:

- Follow your cardiologist's prior instructions; this may include calling their office the next day or going to the emergency department.
- Follow the steps below in "What to do if you have symptoms of AFIB."
- If you do not have a cardiologist, contact your family doctor for further instruction.
- On evenings and weekends, you can call the Heart Institute at 613-696-7000 (press 0) and ask to speak to the nursing coordinator.

RED ZONE (ALERT!)

- Your heart is racing and won't slow down
- You can't catch your breath even with rest
- You feel you may or you do pass out
- Chest pain

Sudden signs of a stroke (even if temporary):

- Weakness/numbness in the face, arm, or leg
- Confusion or difficulty speaking/understanding
- Trouble with your vision
- Severe and unusual headache
- Loss of balance, especially with any of the above signs

Signs of uncontrolled bleeding:

- Large amounts of noticeable bleeding
- Vomit that is coffee-coloured or bright red
- Bowel movements that are black or tarry
- Coughing up anything red in colour
- A serious fall or hit on the head

You need immediate medical attention.

Call 911.