

TAVI DAILY SYMPTOM AND WEIGHT TRACKER

Name

Hospital discharge weight

Month

First weight at home

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

HEALTHY HEART MANAGEMENT ZONES

GREEN ZONE (ALL CLEAR)

- No weight gain
- No swelling
- No shortness of breath
- No chest pain
- Normal activity level
- Dry insertion site; 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 medical appointments.

YELLOW ZONE (CAUTION!)

- Weight gain of more than 2 pounds in a day, or 5 or more pounds in a week
- Increased shortness of breath, or waking at night with shortness of breath
- Any drainage or new lump at the insertion site
- Redness or heat at the insertion site
- Increased swelling of the hands, feet or stomach
- Anything unusual that is bothering you

If you are in the Yellow Zone:

- You may need to see a doctor in person.
- Your medications may need to be adjusted.

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!)

- Any sudden fainting or significant dizziness
- Unrelieved shortness of breath
- Bleeding at the incision site that will not stop, or a large amount of bleeding
- Chest tightness at rest
- Feeling confused or disorientated
- Signs and symptoms of stroke: drooping of the face, new weakness on one side of your body, slurred or jumbled speech

What you must do if you are in the Red Zone:

- You need to see a doctor right away.**
- Call 911.** Bring this form with you.

Cardiologist:

Family doctor:

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.

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.