

TAVI DAILY 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.
- 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.
- Increased swelling of the hands or feet or stomach bloating.
- The insertion site is more reddened, warm to touch.
- The insertion site develops a new lump or starts to drain yellow pus or other fluid.
- Anything unusual that bothers you.

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: _____

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.

PLEASE BRING THIS TRACKER WITH YOU TO YOUR NEXT APPOINTMENT.