




Managing swelling and fluid overload

Swelling and fluid overload happens when too much fluid builds up in your body. It can also be called edema and fluid retention.

Take action if you have any signs or symptoms in the yellow or red zones.

	 Green Zone	 Yellow Zone	 Red Zone
	<p>Keep up the good work. Watch for changes in your health.</p>	<p>Check in. Call today. Name: _____ Phone: _____</p>	<p>Warning! See a doctor right away.</p>
Is my weight up?	<ul style="list-style-type: none"> • No change in my weight. 	<ul style="list-style-type: none"> • My weight is up <ul style="list-style-type: none"> – 3 pounds overnight. – 5 pounds since last week. 	<ul style="list-style-type: none"> • My weight is up 5 pounds or more overnight.
Do I have swelling?	<ul style="list-style-type: none"> • I don't have swelling. 	<ul style="list-style-type: none"> • I have sudden swelling in my hands, face, belly, feet or legs. • I have new blisters or cuts on my feet or legs. 	<ul style="list-style-type: none"> • I have pain, redness, or warmth in swollen areas. • I have swelling in one leg only.
Am I short of breath?	<ul style="list-style-type: none"> • My breathing is normal. • My sleep is normal. 	<ul style="list-style-type: none"> • I feel short of breath or cough when <ul style="list-style-type: none"> – Walking or talking. – Eating. – Bathing or dressing. 	<ul style="list-style-type: none"> • I feel <ul style="list-style-type: none"> – Short of breath or wheeze at rest. – Less alert. • I cannot breathe when lying down. • I need to sleep sitting up.
Am I taking my medications as prescribed?	<ul style="list-style-type: none"> • I'm taking my medications as prescribed and have no issues. 	<ul style="list-style-type: none"> • My medication doesn't feel like it's helping. • I'm having trouble taking my medications because of side effects or other concerns. 	<ul style="list-style-type: none"> • I'm taking my medications and I have new symptoms. • I'm not taking my medications.
Do I have these other symptoms?			<p>Call 9-1-1 if:</p> <ul style="list-style-type: none"> • I have chest pain. • I am dizzy, confused or light-headed. • I have a fever and my symptoms get suddenly worse.

My plan for controlling weight gain

Things I can do

- Use this handout daily to check my health. How is my weight, swelling or breathing? Did I take my medication?
- Weigh myself everyday. Weigh first thing in the morning right after I empty my bladder (go pee) and before I eat or drink.
- Keep a daily weight log to track any weight gain.
- Take my medications as instructed by my doctor.
- Tell my doctor right away if I have any concerns or problems with my medications.
- Put my legs up when I sit.
- Wear compression stockings when out of bed. Or wear compression socks following my doctor's instructions.
- Limit salt (sodium) to 2,000 mg per day.
 - Eat fresh foods and homemade meals.
 - Eat foods labeled "low or reduced sodium."
 - Season with herbs and salt-free seasoning.
 - Read food labels.
 - Limit or avoid packaged snacks, meats, meals, soups and sauces.
- Limit liquid to 6-8 cups/day (1 cup = 8 oz). Spread out drinking fluids throughout the day.

Notes:

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Your healthcare team will work with you to set goals so you can stick to your plan.
This information is not meant to replace the information you get from your healthcare team.