



Checklist for office visit

Please remember to bring a list of all of the medications you are currently taking- including those not associated with Heart Failure

Which of the following symptoms do you have? (Please check all that apply)

- Shortness of breath at rest and or while walking (SOB / **dyspnea**)
- Lack of energy, fatigue. Feeling weak and tired
- Difficulty breathing/sleeping while lying flat (**orthopnea**)
- Swelling of the feet, ankles, legs or abdomen (**edema**, bloating)
- Lack of appetite and nausea
- Persistent cough or wheezing with white or pink blood-tinged mucus
- Confusion, memory loss or disorientation
- Irregular or rapid heartbeat (**tachycardia**)
- Do you have a Pacemaker and or ICD

Questions you may want to ask your physician

- What is the cause of my heart failure?
- What stage of heart failure do I have?
- What is my current heart function?
- What are the most important things I can do to manage my heart failure symptoms?
- Which of my current medications are for heart failure? Will you be adding additional medications? What are those?
- What can I do to ensure I live a healthier life?
- What other heart failure treatment options are available to me, Pacemaker, LVAD?
- What is the next step?