

Helping to manage heart failure

Learn about signs and symptoms

Heart failure can cause a number of symptoms (changes in how you feel). Some symptoms are more serious than others.

Share this information with your family and close friends. It can help all of you learn about the signs and symptoms of heart failure.

Call your healthcare provider if you have any of these symptoms of heart failure:

- Have trouble breathing or often feel short of breath
- Wake up suddenly with trouble breathing
- Have to sleep sitting up or propped up with extra pillows
- Your heartbeat is racing or you feel you might pass out
- Gain or lose 3 pounds or more in 1 day or 5 pounds or more in 1 week
- Have to go to the bathroom often at night
- Have a cough that won't go away. Or your chest feels congested (clogged up)
- Feel more tired than usual or have trouble doing your everyday activities
- Lose your appetite or feel like you might throw up
- Your belly feels full or bloated
- Feel confused or have memory loss
- Have swelling in your feet, legs or hands

Get emergency medical help right away if you:

- Faint
- Have a fast and uneven heartbeat (especially if you have other symptoms too)
- Have severe chest pain or discomfort

Talk to your healthcare provider about these warning signs of heart failure, what you should do, and when to get emergency medical help.