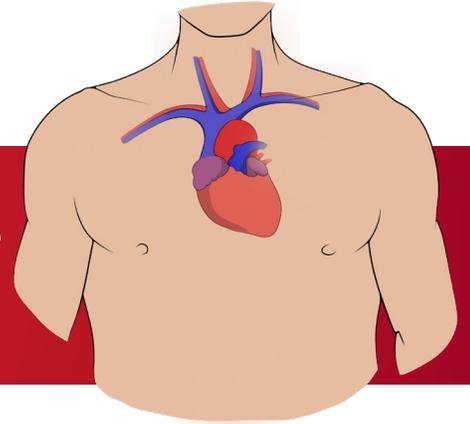


Action Plan for Staying Healthy at Home After a Cardiac Event



This handout is a quick guide to staying healthy and safe at home. Follow these tips and all instructions from your hospital care team to help you avoid another hospital stay.

Take Your Medicines

Take your medicines exactly as prescribed by your care team.

Do **not** stop taking any of these medicines unless directed by your heart doctor (cardiologist):

- Aspirin
- Cholesterol lowering medicine, such as Atorvastatin (Lipitor), Lovastatin (Mevacor, Altoprev), Rosuvastatin (Crestor), and Simvastatin (Zocor)
- Antiplatelet medicine, such as Ticagrelor (Brilinta), Clopidogrel (Plavix), or Prasugrel (Effient)

Go to Your Follow-Up Visits

It is **very** important to go to your follow-up visits. Your doctor needs to see you at follow-up visits to check on your progress and make sure your medicines are working. They need to see you within 1 week of your hospital stay and then once a month for 3 months.

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Ways to Stay Well

- Eat a healthy diet based on advice from your care team. Include lots of fruits and vegetables and avoid foods high in fat. To learn more visit **UHhospitals.org**, then type heart healthy eating in the search bar, and then click on read more
- Avoid salty foods and do not add salt to food. Ask your doctor how much sodium (salt) you can safely have each day and write it here: _____ milligrams (mg). Work hard to avoid having more than that amount.
- Work with your doctor to find out your goal weight and try hard to reach and maintain that goal. My goal weight is: _____. To learn more visit **UHhospitals.org**, then type weight loss management in the search bar, then click on read more.
- Exercise – before starting any exercise program, ask your doctor if it's safe to do so. If your cardiologist (heart doctor) orders a cardiac rehab plan, it is very important that you start it at the proper time and complete the program. Doing so can help you have the best possible heart health.
- If need help quitting smoking:
 - Call the Ohio Quit Line at **1-800-QUIT-NOW** or visit **smokefree.gov**
 - Find out if your insurance covers our UH Tobacco Treatment Counseling program. If so, you will need a doctor's order to use this service. To learn more about our program, call **216-896-1810**.

Hang this on your refrigerator to remind you of reasons to call your doctor or 9-1-1



GOOD TO GO

Follow the tips in this handout to help you to stay healthy and out of the hospital. Always monitor your health and be aware of the signs of new or worsening health concerns. Read below to learn when and who to call for help.



CAUTION

Call your doctor's office right away if you have any of the problems listed below. Your doctor may need to adjust your medicine doses and/or order blood tests. Keep taking your medicines as ordered until you see your doctor.

- Feeling more short of breath
- Need extra pillows to sleep
- Weight gain of 3 or more pounds in one day
- Swelling of feet, ankles or legs
- Dry, hacking cough that won't go away
- Feeling more tired
- Fever of 100.4°F or higher
- Any other symptom that causes concern

My doctor's name: _____

Office phone number: _____



STOP

Call 9-1-1 right away if you have any of these problems:

- Chest pain or tightness that does not go away even after taking nitroglycerin
- Pain or discomfort in your jaw, neck or back
- Pain in your stomach and/or upper back
- Fast heartbeat
- Trouble breathing when at rest and/or lying down (must sit up to breathe)
- Fainting or feeling weak, lightheaded, dizzy or faint
- Sweating and/or feeling sick to your stomach (nausea)