

My Self-Care Diary After Heart Surgery

Name: _____

Surgeon's Name: _____

If you have questions or concerns after you go home, please call the number you received in your discharge instructions.

If you are having an emergency, call 911!

Please bring this diary with you to all surgery follow-up appointments.



HEALTHY HEART ZONES

DO THESE EVERY DAY and WRITE THE INFORMATION IN YOUR SELF-CARE DIARY

- **Weigh yourself** - Compare your weight with your goal weight. **My goal weight is** _____
- **Take all medications as ordered**
- **Check:**
 - For swelling in your feet, ankles, legs and stomach
 - Your incision. Is it healing?
 - For **new or worsening** chest pain, shortness of breath, lightheadedness/dizziness, fluttering heart beat
- **Follow these guidelines:**
 - Read food labels. Track how much sodium and fluid you have each day
 - Eat high fiber, low fat & low sodium diet. **My sodium limit is** ___ mg/day
 - Daily fluid allowance. **My fluid limit is** _____ liters/day
 - **Walk every day.** Slowly increase your activity level.
 - Follow activity restrictions. Balance activity and rest.

Ask yourself: Which zone am I in today?

GREEN ZONE
Your recovery is on track

- Your weight is stable (you have gained less than 1 pound in 1-2 days). You are at or getting close to your goal weight.
- You do not have symptoms (below) or your usual symptoms are mild and are not worse than normal
 - Swelling of feet, ankles or stomach
 - Shortness of breath or fatigue
 - Chest pain, palpitations, lightheadedness, dizziness (for more than a minute), or very high or low pulse rate
 - No episodes of fever (101 F), chills
- Incisions are dry, clean, no drainage, no redness or not warm to touch

YELLOW ZONE
You are in the warning zone. CALL 1.888.490.6121 or your doctor's office

- You have gained 1-2 pounds in 1-2 days, 5 pounds or more in a week, or are moving away from your goal weight
- You are not taking all medications as ordered, especially water pills, blood pressure pills, heart medications or blood thinners.
- **You have new symptoms or symptoms that get worse, such as:**
 - Swelling in feet, ankles, legs or stomach; uneven swelling/redness in only one leg
 - Shortness of breath while active or at rest/laying down
 - Heart palpitations or racing pulse; very slow pulse and feel lightheaded
 - Feeling dizzy for more than a minute
 - Fever (101 F), chills
 - Incisions that are draining, getting more red, warm to the touch, or open
 - Extreme fatigue or a feeling that something isn't right
 - Dry, hacking cough

RED ZONE
Emergency!
CALL 911

- You have new chest pain or chest pain gets worse
- You have a hard time breathing or suddenly get short of breath and do not feel better when you rest
- You are confused or cannot think clearly
- You have palpitations AND a very fast pulse/heartbeat
- You have signs of stroke (**Face drooping, arm weakness, speech trouble**)

IT IS IMPORTANT TO KEEP ALL SCHEDULED APPOINTMENTS WITH YOUR DOCTOR, EVEN IF YOU FEEL WELL!

HEALTHY HEART ZONES (continued)

You play a very important part in staying healthy after you leave the hospital. This means you must:

- Take all your medications just like your doctor tells you to
- Make healthy changes to your lifestyle and diet
- See your doctor for follow-up visits
- Keep track of your weight and other information
- Keep track of changes in your symptoms (changes may mean you need a change in your treatment)

Use this diary to keep track of your information so you know how you are doing and can share the information with your doctor or nurse. We will show you how to use the diary before you leave the hospital. Please let us know if you have any questions.

Please bring this diary with you to all of your follow-up visits, even if your follow-up care is not at Cleveland Clinic. Your doctor or nurse will want to know how well you are following your plan.

INFORMATION TO RECORD

Every day

- Medications you take
- Your weight
- How much you drink (fluids)
- What you eat
- How much sodium you have each day
- Any new symptoms or symptoms that get worse

Every week

- Your feelings and emotions
- How active you are
- How your incision is healing

Why do I need to track my weight?

Weight changes can mean you have extra fluid in your body. If you have too much fluid, you may need to take medication (diuretic/ “water pill”) to get rid of the fluid. If you already take this type of medication, you may need to take a different amount. Your nurse will give you a discharge weight and/or goal weight before you leave the hospital. Ask your doctor at every visit if your goal weight has changed.

Tell your doctor if you gain more than 2 pounds in 1-2 days or 5 or more pounds in a week.

Tips for Weighing Yourself

- Use the same scale every time
- Weigh yourself without clothing or in the same clothing every time
- Weigh yourself at the same time every day
- Weigh yourself after you use the restroom and before you eat breakfast
- Keep your weight diary and a pen near the scale



Why do fluids matter?

Your doctor may tell you to limit the fluids you have every day. If so, keep track of how much you have each day. A common limit is 2 liters/2,000 ml a day.



An easy way to keep track is to use a 2-liter bottle (if your limit is 2 liters/2,000 ml). Fill the bottle in the morning, and each time you drink something or have other fluids (soup, Popsicles, etc.), empty the same amount from the bottle. When the bottle is empty, you have reached your limit for the day.

If you have signs or symptoms of extra fluid in your body, write them down and tell your doctor.

Signs and Symptoms of Extra Fluid in Your Body

- Weight gain
- Feeling short of breath/trouble breathing
- Having a hard time being active or exercising
- Swelling in your ankles, feet, legs, hands or belly
- Need to urinate when you sleep
- Bloated (full) feeling in your stomach

COMMON FLUID MEASUREMENTS



8 oz milk carton = 240 cc



Coffee mug = 200 cc



8 oz drinking glass = 240 cc



Gelatin, ice cream
or juice cup = 120 cc

1 ml (milliliter) = 1 cc

1 oz (ounce) = 30 cc

8 oz = 240 cc

1 cup = 8 oz = 240 cc

4 cups = 32 oz = 1 quart or liter = 1,000 cc

8 cups = 64 oz = 2 quarts or liters = 2,000 cc



Soup bowl = 160 cc



Why does sodium matter?

Sodium is a mineral. It is found naturally in foods. Sodium is also added to processed foods. Sodium helps balance the fluid in your body, but too much sodium can cause extra fluid to get trapped in your body. **Every patient is different, and your doctor will tell you what your daily sodium limit is.** Keep a record of how much sodium you have every day.

Read the label! Read the nutrition labels on foods to know how much sodium is in a serving.

Tips to limit sodium

- Use fresh or frozen vegetables and fruits.
- Avoid canned and packaged foods. These often have added sodium. If you buy canned foods, choose low- or no-salt-added varieties.
- Use vinegar or juice (such as orange, lemon, lime or pineapple) as a base for meat marinades.
- Avoid lunch meat or choose low-sodium varieties.
- Choose seasonings and spice blends without salt. Use fresh herbs, onions and garlic to add flavor to foods.
- **Do not use a salt substitute** unless your doctor says you can.
- **Avoid or limit** the “Salty Six.” This is the name the American Heart Association uses for:
 1. Breads, rolls, bagels, flour tortillas and wraps
 2. Cold cuts and cured meats
 3. Pizza
 4. Be careful with poultry. It is best to buy raw poultry and cook it yourself without sodium. Check the label for added sodium (poultry and other meats are often injected with sodium: “Fresh chicken in a 15% solution”). Avoid breaded poultry and meats; the breading contains high amounts of sodium.
 5. Soups, except homemade soups made without salt.
 6. Sandwiches made with lunch meat and condiments, such as ketchup.

Pay attention to serving size

Check sodium content per serving; ignore percentage information

Nutrition Facts		
Serving Size 1 cup (228g)		
Servings Per Container about 2		
Amount Per Serving		
Calories 250	Calories from Fat 110	
% Daily Value*		
Total Fat 12g		18%
Saturated Fat 3g		15%
Trans Fat 3g		
Cholesterol 30mg		10%
Sodium 470mg		20%
Total Carbohydrate 31g		10%
Dietary Fiber 0g		0%
Sugars 5g		
Proteins 5g		
Vitamin A		4%
Vitamin C		2%
Calcium		20%
Iron		4%

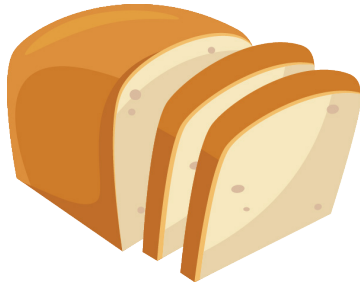
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

For educational purposes only. This label does not meet the labeling requirements described in 21 CFR 101.9.

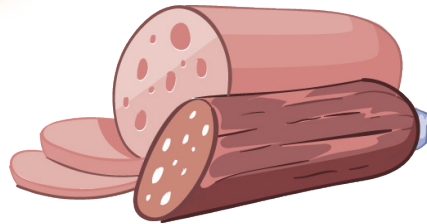
THE SALTY SIX

1 BREADS & ROLLS



Check the label to see how much sodium is in your bread. Several slices a day can put you over your daily limit. Choose low-sodium types of breads.

2 COLD CUTS & CURED MEATS



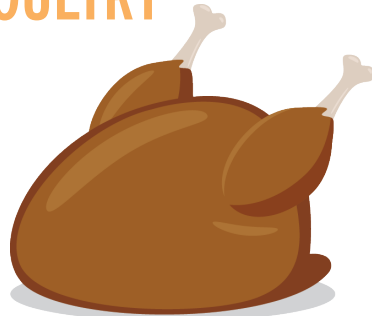
A single serving of lunch meat can contain half of your daily sodium limit! Avoid or limit these meats in your diet. Choose low-sodium types when you do eat them.

3 PIZZA



Just one piece of pizza with several toppings can add up to more than half of your daily sodium limit! Choose veggies to top your pizza and limit the amount of cheese you have.

4 POULTRY



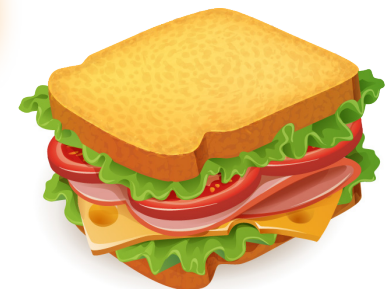
Many times, sodium is added to poultry. Check the label and avoid added sodium and breaded types of poultry.

5 SOUP



Choose low-sodium canned soups. Carefully check the label on regular types. Some can have more than 900 mg of sodium per serving, and a can often contains 2 servings.

6 SANDWICHES





Ready-to-eat and fast food sandwiches contain a lot of sodium. Avoid these or have half a sandwich with a side salad to avoid going over your daily sodium limit.

MY MEDICATIONS

Make sure you know all the medications you need to take after you leave the hospital. You may not need to take the same types or amounts that you took before you had surgery. Your doctor may also make changes to your medications during your follow-up visits. **Always follow the most recent instructions for medications and tell your doctor or nurse if you have ANY questions or concerns. Do not stop or start any new medications (even nonprescription) without first asking your doctor.**

All medications are important. This is a list of only the most important medications to take to prevent a stay in the hospital.

Type of Medication	 I take this medication in the morning	I take this medication in the afternoon	I take this medication at night 
Diuretic (Water Pill) Name _____	Take at _____ am Notes: _____	Take at _____ pm Notes: _____	Take at _____ pm Notes: _____
Blood pressure medication Name _____	Take at _____ am Notes: _____	Take at _____ pm Notes: _____	Take at _____ pm Notes: _____
Medication to control my heart rate Name _____	Take at _____ am Notes: _____	Take at _____ pm Notes: _____	Take at _____ pm Notes: _____
Medication to prevent blood clots/blood thinner Name _____	Take at _____ am Notes: _____	Take at _____ pm Notes: _____	Take at _____ pm Notes: _____
Other medication Name _____	Take at _____ am Notes: _____	Take at _____ pm Notes: _____	Take at _____ pm Notes: _____
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DAILY TRACKING CALENDAR - Use this calendar to track your information for 30 days after you leave the hospital. Bring the calendar with you to all follow-up visits.

My Discharge Weight: _____ My Goal Weight: _____ My Daily Sodium Limit: _____ My Daily Fluid Limit: _____

Date:							
Weight							
Fluid intake							
Sodium intake							
Symptoms							
Morning medications							
Afternoon medications							
Evening medications							
Walking/Total Time							
Date:							
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My Weekly Reflections

Week	How I felt (mood, appetite, other feelings)	How I was active	How my incision is healing
Week 1			
Week 2			
Week 3			
Week 4			
Week 5			

"Every day brings new choices"- Martha Beck