



Heart failure diary

information for the patient and his/her family

This diary is a working instrument for every patient suffering heart failure.

To be able to monitor the condition of your heart properly, please regularly check and record the following data:

- your weight.
- your blood pressure and heart rhythm.

It's a good idea to bring [this diary](#) together with your [most recent medication list](#) to every consultation.

USEFUL TELEPHONE NUMBERS

YOUR GP

Name:

Tel.:

YOUR CARDIOLOGIST

Name:

SECRETARIAT HEART FAILURE

To make or move appointments.

Address: UZ Leuven campus Gasthuisberg,
Herestraat 49, 3000 Leuven

Tel.: 016 34 42 63 or 016 34 42 68
(Monday to Friday from 8.00 to 16.00)

SPECIALISED HEART FAILURE CONSULTANTS

Céline Spoormans

Jan Kennes

Tel.: 016 34 42 63 or 016 34 42 68 (secretariat heart failure)

E-mail: hartfalenzorg@uzleuven.be

Please note: contact by e-mail does not replace a consultation.

COMPLAINTS/SIGNALS THAT CAN POINT TO AN INCREASED RISK OF HEART FAILURE

Are you suffering one of the complaints in the list below, or has it got worse? Please contact your GP.

These symptoms may indicate the condition of your heart is evolving negatively. If you contact us on time, together we can prevent any possible worsening of your cardiac insufficiency.

- You briefly lost consciousness.
- You wake up short of breath at night.
- You need to sit up at night in bed.
- You weigh 2 kg more in 3 days.
- Your legs, ankles or abdomen are swollen.
- You are short of breath more often.
- You get tired quicker.
- You can't get up the stairs anymore.
- You have been having palpitations.
- You have an annoying cough.

POINTS OF ATTENTION

Certain pain medication can make your heart failure worse. If you are prescribed pain medication, always tell the prescribing doctor you suffer from heart failure.

Pain medication to be avoided: Brufen[®], Voltaren[®], Nurofen[®], Apranax[®], Brexine[®], Feldene[®], etc. (NSAIDs).

Permitted pain medication: paracetamol (Dafalgan[®], Perdolan[®]) up to four times a day.

A **reduced fluid intake** (for example due to a serious loss of appetite) or a **temporarily increased loss of fluid** (for example diarrhoea, vomiting, sweating as a result of a heat wave or fever) can disrupt the fluid balance. It may require a change in your diuretic medication (Burinex[®], Lasix[®], Hygroton[®], Aldactone[®], etc.) or fluid restriction. Consult your GP for advice.

Bring your **medication list** to every contact with a health worker (GP, hospital, dentist, pharmacist, etc.), also if the visit is not for your heart problem.

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Comments or suggestions pertaining to this brochure can be submitted via communicatie@uzleuven.be.

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nexuzhealth.com or

