

## Patient Education Tool

Heart failure is a condition which can cause extra fluid to build up in your lungs, feet, legs, or ankles.

This can make you feel short of breath, weak, or tired.

**BIG VEIN (IVC) with extra SALT and FLUID in your body\***

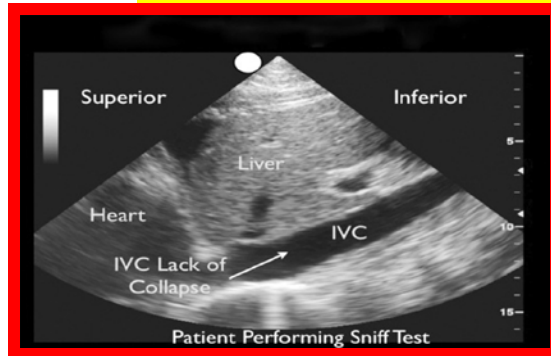


Figure 1

**BIG VEIN (IVC) with NO extra SALT and FLUID in your body\***

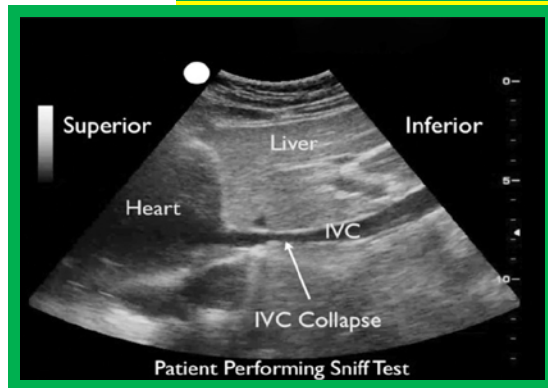


Figure 2

\* Images courtesy of Journal of Emergency, Trauma and Shock [www.jets.org](http://www.jets.org)

### HERE'S HOW YOUR BIG VEIN (IVC) LOOKS

Patient's personal IVC image to be printed and placed in this space.

Remember, we will call you on or about in about 2 weeks (\_\_\_\_) and in about 4 weeks (\_\_\_\_).

## PATIENT EDUCATION TOOL - Heart Failure

With heart failure, sometimes too much fluid is kept in your lungs, feet, legs, or ankles.

### ***Ultrasound picture of your big vein (IVC)***

- A simple and easy test that does not hurt
- Picture of the big vein (IVC) carrying blood to the heart
- Shows if you have too much salt and fluid in your body
- **If it is large and plump, you have too much salt and fluid.**
- **If it is small and skinny, this is good, and you don't have too much salt and fluid**

### ***Here are some things you can do to keep the extra fluid away.***

- Don't salt your food.
- Don't eat foods that are high in salt.
- Stay away from potato chips, pretzels, popcorn, pickles, bacon, ham, hot dogs, and soy sauce.
- Stay away from canned foods, especially canned soups, and from canned and frozen main courses.
- Stay away from fast foods like McDonalds, Burger King, and Popeyes.
- Fresh fruits and vegetables are best.
- Read food labels. The total amount of sodium in your diet should be less than 2,000 mg per day.
- Take your medicines as directed by your doctor.
- Weigh yourself each day on a scale at the same time each day with the same type of clothes (or without clothes). If you gain weight quickly, especially more than 3 lbs in a day or 5 lbs in a week, call your doctor.

We hope the pictures of your big vein (IVC) may help you remember what you can do to keep the extra salt and fluid away.

