

ATRIAL FIBRILLATION

Surgeon _____ Phone _____ Fax _____

My pharmacy _____ Phone _____ Fax _____

Other _____ Phone _____ Fax _____

HEALTHY HEART MANAGEMENT ZONES

GREEN ZONE (ALL CLEAR)

- Normal activity level.
- No abnormal bleeding.
- No chest pain.
- Rare episodes of irregular heartbeat.
- No shortness of breath or dizzy spells.

If you are in the Green Zone:

- Your symptoms are under control.

What you should do:

- Keep taking your medications as prescribed.
- Keep track of any unusual events.
- Keep your regular doctor appointments.

YELLOW ZONE (CAUTION!)

- Increased shortness of breath during regular activity.
- More or longer episodes of rapid or irregular heartbeats.
- More dizzy spells, unusual tiredness or fatigue.

If you are in the Yellow Zone:

- Your medications may need to be adjusted or you may need some extra tests.

What you should do:

- Follow the prior directions from your cardiologist – this may include contacting their office the next day or going to the emergency department.
- If you do not have a cardiologist, contact your family doctor for further instruction.
- On evenings and weekends, you can call the Heart Institute at 613-696-7000 (press 0) and ask to speak to the nursing coordinator.

RED ZONE (ALERT!)

- Feeling that your heart is racing and it will not slow down.
- Can't catch your breath, feeling that you may pass out.
- Bowel movements are black or tarry.
- Any unexplained dizziness or weakness.

Sudden signs of a stroke:

- Weakness: Sudden loss of strength or sudden numbness in the face, arm, or leg (even if temporary).
- Trouble speaking: Sudden difficulty speaking or understanding or sudden confusion, even if temporary.
- Vision problems: Sudden trouble with vision, even if temporary.
- Headache: Sudden severe and unusual headache.
- Dizziness: Sudden loss of balance, especially with any of the above signs.

Signs of uncontrolled bleeding:

- Large amounts of noticeable bleeding.
- Vomit that is coffee-coloured or bright red.
- Anything red in colour that you cough up.
- A serious fall or hit on the head.

You need immediate medical attention.

Call 911.

NOTES
