

## QUESTIONS TO ASK YOUR DOCTOR IF YOU HAVE HEART FAILURE

During an appointment, it can be hard to remember all the questions you wanted to ask your doctor. Here are some questions that you may want to ask your doctor about heart failure. Bring this sheet along to your next appointment so you can help make sure you get the information that you need.



### Diagnosis

① What type of heart failure do I have?

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② How serious is it?

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③ When should I expect to hear from the specialist you're referring me to?

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④ What should I do if I don't hear anything?

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### Managing heart failure

① What can I do to manage my heart failure?

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② What lifestyle changes should I make?

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③ Are there any activities I should avoid?

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④ What medications or treatments do I need?

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⑤ What will this medicine or treatment do?

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⑥ Are there any alternatives to this treatment?

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This document is intended for members of the general public and people living with heart failure. For more information, visit [www.yes2life.co.za](http://www.yes2life.co.za)

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## Getting support



- ① Where can I get more information or support about heart failure?
- ② Is there a support group or anything similar?

## Keeping track of heart failure

- 1 What symptoms should I be keeping track of?
- 2 Who do I contact/ what do I do if things get worse?
- 3 Do I need to make my next appointment before I leave?

## NOTES

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