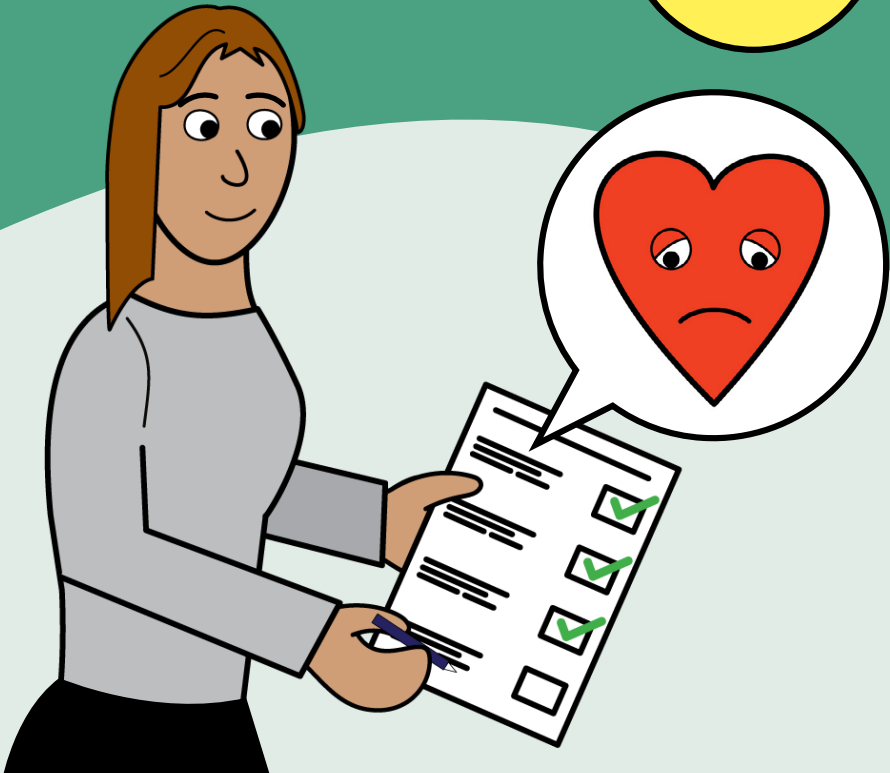


# Checking Your Heart Failure Symptoms

Information for patients,  
carers and relatives

**Easy  
Read**



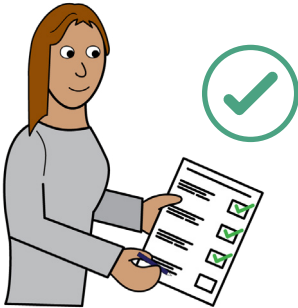
## easy read



This booklet uses easy words and pictures.

You might want to ask someone to help you read it.

## check yourself



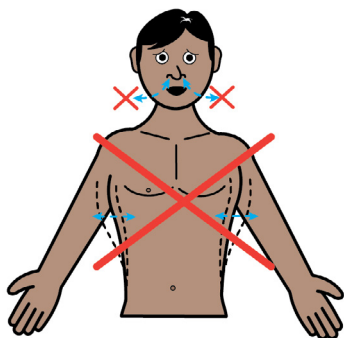
It is really helpful if you check yourself for symptoms of heart failure.

## contact nurse



If you notice these symptoms, you should contact your heart nurse.

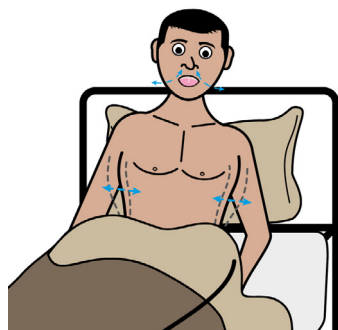
## **breathless**



**These are the signs to look out for:**

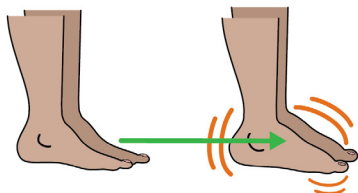
Being more breathless than normal when moving around.

## **out of breath**



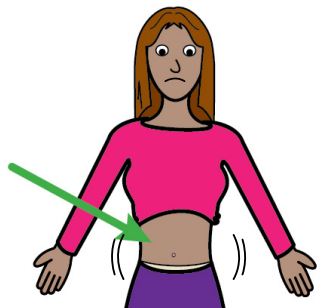
Getting out of breath when you try to lay down in bed.

## **swollen feet and legs**



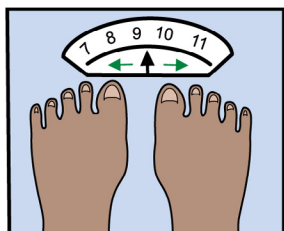
Your feet and legs becoming more swollen.

## **bloated stomach**



Your stomach becomes bloated and feeling tight.

## **weight**



Your weight goes up quickly.

## **contact nurse**



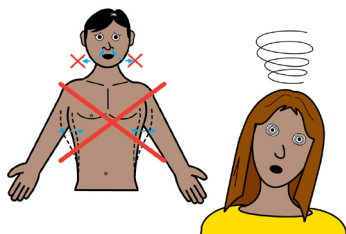
If you have these symptoms, you should contact your heart nurse.

## Contact number



Your heart nurse's  
telephone number is:

## symptoms



If you cannot catch your  
breath even though you  
are resting.

If you get chest pain.

If you feel like you are  
going to pass out.

## call 999



**If these happen, you  
should call 999.**

## contact heart nurse team

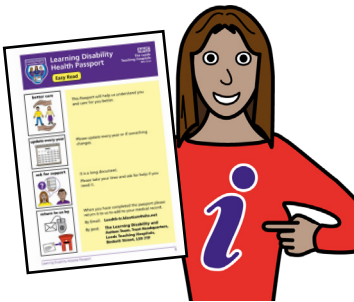


Thank you for reading  
our leaflet.

If you have any  
questions please call  
the heart nurse team in  
Leeds on:

**0113 392 6420**

## health passport



If you have a Learning  
Disability or Autism  
diagnosis please  
complete a Health  
Passport and return it to  
the Learning Disability  
and Autism team on:

**leedsth-tr.lidautism@  
nhs.net**

## easy read leaflets



We have other easy reads to support you. Scan this QR code to see our range of easy read leaflets.





**What did you think of your care?**

Scan the QR code or visit [\*\*bit.ly/nhsleedsfft\*\*](https://bit.ly/nhsleedsfft)

***Your views matter***



© The Leeds Teaching Hospitals NHS Trust • 1st edition Ver 1.0

Developed by: Isabelle Simmons, Clinical Nurse Specialist

All images / Resources Copyright © LYPFT easyonthei

Produced by: Medical Illustration Services • MID code: M20240531\_008/DG

**LN005849**

Publication date

06 / 2025

Review date

06 / 2028