

## When should I contact the community heart failure team?

Your weight has increased/had increased by 4lb/2kg over 3 days and/or and one of the statements below is true;



You are feeling more  
breathless than usual.



Your legs are more  
swollen than before.



You are breathless at night or  
need more pillows to sleep on.



You are unable to be as  
active as usual/you are a bit  
more muddled than usual.



Any of your other  
conditions are worsening.

**Contact the Brent Community Heart Failure Team on:**

**0208 102 3456 option 2** and **option 8**

PIFU is not a replacement for urgent medical advice. If you need urgent advice and/ or have other symptoms not listed here, do not wait for a PIFU appointment. Contact your GP, NHS 111 or a local walk-in centre if you need urgent medical advice. Visit your local Emergency Department (A&E) if you need urgent medical assistance.