



How are you feeling today?

It's important for you to check in with how you're feeling on a regular basis. The information below can help you determine if your symptoms are under control, if you need an adjustment in your medication or plan of care, or if you need to immediately contact your physician or call 911.

GREEN ZONE

WHAT YOU ARE EXPERIENCING

- No shortness of breath
- No swelling
- Urinating with no problems
- Watching intake of foods/fluids
- No pain, not tired or weak
- Monitoring foods with potassium, protein and salt

ACTIONS YOU SHOULD TAKE

Your symptoms are under control.

- ✓ Continue taking your medications as ordered
- ✓ Continue daily weigh-ins
- ✓ Keep all physician appointments
- ✓ Keep scheduled dialysis appointments
- ✓ Eat small, frequent meals throughout the day

YELLOW ZONE

WHAT YOU ARE EXPERIENCING

- Some shortness of breath
- Increased swelling
- Increased tiredness with any activity
- Headaches
- Nausea and vomiting
- Poor appetite, headache, muscle aches
- Changes in blood pressure (higher or lower than usual)
- Dizziness

ACTIONS YOU SHOULD TAKE

Your symptoms may indicate you need an adjustment in your medication, plan of care or weight management.

- Call your physician, dialysis team or home health nurse

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

RED ZONE

WHAT YOU ARE EXPERIENCING

- Increased shortness of breath
- Faster heart rate—palpitations
- Uncontrolled nosebleeds
- Chest pain
- Confusion
- Poor appetite, headache, muscle aches
- Increased nausea and vomiting, loss of appetite

ACTIONS YOU SHOULD TAKE

Immediately call your physician or call 911.



Notes

To file a grievance, please contact us:

IPRO End-Stage Renal Disease Network Program

Corporate Office: 1979 Marcus Avenue, Lake Success, NY 11042-1072

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