

# Fluid Retention Action Plan

Ask your health care provider to complete the items in RED and sign your Fluid Retention Action Plan.

## SYMPTOMS

### ALL CLEAR

- **Goal weight is: \_\_\_\_\_ pounds.**
- Weight is stable.
- Usual or no swelling in feet, ankles, legs, or abdomen.
- No chest pain.
- No shortness of breath.
- I can do my normal activities.

## ACTION

- Continue taking medications as directed.
- Continue daily weights.
- Follow low-salt diet.
- Continue exercise program as directed by your health care provider.
- Keep all medical appointments.

### CAUTION

- **Weight gain of \_\_\_\_\_ pounds in \_\_\_\_\_ day(s).**
- **Weight gain or loss of \_\_\_\_\_ pounds in one week.**
- Getting harder to breathe at rest or with normal activities.
- More tired than usual.
- Increased number of pillows needed to sleep.
- Increased swelling in feet, ankles, legs, or abdomen.

- Symptoms may indicate a need to adjust your medications.
- **Call your health care provider:**  
 yes  no
- **Self-dosing plan:**

Medication	Dose	When to take
_____	_____	_____
_____	_____	_____

### MEDICAL ALERT

- Very hard to breathe, even at rest.
- Wheezing.
- Chest pain that does not go away.
- Confusion, dizziness, or severe weakness.

**Call 911  
immediately.**

Member name: \_\_\_\_\_ UCare ID #: \_\_\_\_\_

Health care provider signature: \_\_\_\_\_ Phone: \_\_\_\_\_ Date: \_\_\_\_\_

Pharmacy name: \_\_\_\_\_ Phone: \_\_\_\_\_

# Fluid Retention Action Plan

## Fluid Retention Action Plan instructions:

- Ask your health care provider to complete the items in RED and sign your Fluid Retention Action Plan.
- Send a copy of the Fluid Retention Action Plan to UCare using the enclosed, pre-addressed and postage-paid envelope. You also may ask your health care provider to fax the form to UCare at **612-884-2497**.
- Keep your copy of this plan handy for easy reference.

If you have any questions about the Fluid Retention Action Plan, call UCare at **612-676-6539** or **1-866-863-8303 (toll free)**. If you are hearing impaired, call UCare's TTY line at **612-676-6810** or **1-800-688-2534 (toll free)**.