Our goal is to help you make lifestyle modifications while optimizing your medical treatment plan to increase your quality of life at home. You will work with a devoted team of heart failure specialists over a 4–6-week program that will monitor your symptoms and medication regimen while guiding you through lifestyle modifications. At the program completion, your care will be transitioned to your long-term care team.

To help with your success, remember:

1. **Take your medications as directed.**
   - Do not change or stop taking any medications without talking to your HFTCC team. Bring your medication list or bottles to visits.

2. **Weigh yourself daily.**
   - Keep a routine: same time, same scale each day and record in a notebook or in your daily weight log. Please report weight gain of 3 lbs. in a day or 5 lbs. in 3 days to your HFTCC team.

3. **Follow a low salt and limited fluid diet.**
   - Follow a 2000-3000 mg sodium limit per day (over 24 hours) and 1 ½ to 2 liters of fluid per day (over 24 hours). Always measure, avoid “guesstimating,” and read all labels.

4. **Stop smoking and start exercising.**
   - If you smoke, please enroll in a program to stop smoking. Let us know if you need help! Start exercising and slowly work your way up to about 30 minutes of activity or more per day.

5. **Go to your appointments and call your team.**
   - Follow up appointments will be scheduled for you. These will include phone calls and in person visits.
   - For questions, call **504-703-8373**, Mon-Fri from 8:00 am to 5:00 pm or send a message to us through MyOchsner.
   - For after hours and weekends, call 504-842-3000 and ask to page the Heart Transplant MD on call.