

Discharge Instructions

Post-Cardiac Rehabilitation

Date: _____

Patient Name: _____

Patient ID: _____

Overview of Your Program

You have successfully completed your cardiac rehabilitation program. This program was designed to help you recover and improve your heart health through exercise, education, and lifestyle changes.

Follow-Up Appointments

Please ensure you schedule follow-up appointments with your cardiologist within the next 2 weeks.

Recommended Activities

- Continue with daily physical activities as recommended.
- Engage in at least 150 minutes of moderate-intensity exercise each week.
- Participate in stress-reducing activities such as yoga or meditation.

Medication Management

Continue taking prescribed medications as directed. It's crucial to adhere to your medication schedule.

Dietary Recommendations

- Maintain a heart-healthy diet, low in saturated fats and sodium.
- Incorporate more fruits and vegetables into your meals.

Warning Signs

Please contact your healthcare provider if you experience:

- Chest pain or discomfort
- Shortness of breath
- Severe fatigue or dizziness

- Swelling in your legs or feet

Resources for Support

If you need additional support or have questions, please feel free to reach out to our support team at:

Phone: _____ | Email: _____

Thank you for your commitment to improving your heart health!

Signature: _____

Title: _____