



First 72 Hours After a Heart Attack

Category	Task	Notes/Details	Done
Hospital Stay: Initial Stabilisation & Information Gathering			
	Understand your specific heart attack diagnosis	Ask doctors to explain in simple terms	<input type="checkbox"/>
	Learn about the procedures performed (e.g., Angioplasty, Stent, Bypass)	Ask for diagrams if helpful	<input type="checkbox"/>
	Get a clear explanation of all new medications	What each one is for, dosage, timing	<input type="checkbox"/>
	Ask about potential side effects of medications	Know what to watch out for	<input type="checkbox"/>
	Inquire about initial activity restrictions in the hospital		<input type="checkbox"/>
	Ask when you can expect to be discharged	Get an estimated timeline	<input type="checkbox"/>
	Request information on Cardiac Rehabilitation programs	Understand what it involves and benefits	<input type="checkbox"/>
	Discuss any initial pain management strategies		<input type="checkbox"/>
	Ask about follow-up appointments before leaving	Dates, times, and specialists	<input type="checkbox"/>
	Ensure all your questions are answered before the medical team leaves	Don't be afraid to ask again	<input type="checkbox"/>
Preparing for Discharge: Day 2 & 3 Focus			
	Review your full medication list with a nurse or doctor	Confirm all prescriptions are clear	<input type="checkbox"/>
	Obtain written discharge instructions	Keep this safe, it's vital!	<input type="checkbox"/>
	Understand all activity restrictions for home	Lifting, driving, strenuous tasks	<input type="checkbox"/>
	Confirm follow-up appointment details	Cardiologist, GP, Cardiac Rehab	<input type="checkbox"/>
	Discuss any dietary changes or restrictions	Get written guidelines or resources	<input type="checkbox"/>
	Inquire about stress management techniques	Resources for anxiety or emotional support	<input type="checkbox"/>
	Understand warning signs for complications/another heart attack	When to call 911/emergency services	<input type="checkbox"/>
	Arrange for transportation home (if not already done)	Avoid driving yourself	<input type="checkbox"/>
	Pack essentials for home, ensuring medications are clearly separated		<input type="checkbox"/>
	Ask if any equipment or supplies are needed at home	Blood pressure monitor, pill organizer etc.	<input type="checkbox"/>
Post-Discharge: The First Hours Home			
	Take your first dose of medication as prescribed	Follow timing exactly	<input type="checkbox"/>
	Set up your medication organizer/alarms	Crucial for adherence	<input type="checkbox"/>
	Rest and relax in a comfortable environment	Avoid immediate chores or strenuous activity	<input type="checkbox"/>
	Have heart-healthy food options readily available	Avoid ordering unhealthy takeout	<input type="checkbox"/>
	Stay hydrated by drinking plenty of water		<input type="checkbox"/>
	Check in with your designated support person/family	Let them know you're home and well	<input type="checkbox"/>
	Review warning signs with a family member (if applicable)	Ensure others know what to look for	<input type="checkbox"/>
Ongoing Essentials (First 72 Hours & Beyond)			
	Avoid smoking or exposure to secondhand smoke	This is non-negotiable	<input type="checkbox"/>
	Begin very gentle, approved activity (e.g., short walks)	Only if cleared by your doctor	<input type="checkbox"/>
	Monitor for any new or worsening symptoms	Do not ignore anything unusual	<input type="checkbox"/>
	Log any questions for your follow-up appointments	Keep a running list	<input type="checkbox"/>
	Plan your meals according to dietary recommendations	Start incorporating healthy habits	<input type="checkbox"/>
	Prioritize good sleep hygiene	Aim for adequate rest	<input type="checkbox"/>
	Avoid heavy lifting or pushing/pulling	Respect all physical restrictions	<input type="checkbox"/>
	Do not drive until cleared by your doctor		<input type="checkbox"/>
	Limit visitors and stressful conversations	Focus on rest and recovery	<input type="checkbox"/>
	If feeling overwhelmed or depressed, reach out for support	Talk to family, friends, or a professional	<input type="checkbox"/>