

Post-Heart Attack Recovery Checklist

Medical Follow-Up

- Book a GP or cardiologist appointment within 1-2 weeks.
- Review and understand your discharge summary and medications.
- Keep a list of your medications and update it after every review.
- Schedule regular blood pressure and cholesterol checks.

Medication Routine

- Take all prescribed medications daily.
- Use a pill organiser or reminder app.
- Report side effects immediately to your doctor-don't stop meds without advice.

Physical Recovery

- Start gentle walking daily, even short distances.
- Progress to longer walks or light activity as advised.
- Enrol in a cardiac rehab programme, if offered.
- Avoid heavy lifting or strenuous activity until cleared by your doctor.

Diet and Nutrition

- Switch to a heart-healthy diet (more plants, fewer processed foods).
- Cut back on salt, sugar, red meat, and saturated fats.
- Drink alcohol sparingly or not at all.
- Stay hydrated-aim for 1.5 to 2 litres of water daily unless advised otherwise.

Lifestyle Changes

- Quit smoking-ask for support or use nicotine replacement if needed.
- Limit caffeine intake.
- Get 7-9 hours of sleep per night.
- Keep your weight in a healthy range-aim for slow, steady loss if overweight.

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Emotional and Mental Health

- Expect emotional ups and downs-fear, anxiety, or low mood are common.
- Talk to someone-a counsellor, friend, partner, or support group.
- Ask your doctor about short-term therapy or medication if you're struggling.
- Try journaling, breathing exercises, or meditation for stress relief.

Track and Monitor

- Keep a recovery journal (symptoms, steps walked, blood pressure, etc.).
- Use a simple spreadsheet or printable log for daily tracking.
- Watch for warning signs: chest pain, breathlessness, swollen ankles, fast or irregular heartbeat.

Sex and Relationships

- Ask your doctor when it's safe to resume sexual activity.
- Talk openly with your partner about any fears or physical changes.

Return to Work and Driving

- Don't rush-check with your doctor before returning to work.
- Follow local rules on when it's safe to drive again (often 1-4 weeks depending on treatment).

Stay Connected

- Join a local or online heart health support group.
- Let close friends and family know how they can support you.
- Keep in touch with your healthcare team-don't wait until something goes wrong.