

Water Pill Guide

	Weight	How many water pills?	
		Morning	Afternoon
Call _____	○	○	○
	_____ _____ _____ _____	○	○
	_____ _____ _____ _____ _____ _____	○	○
Target Weight ►	_____ _____ _____ _____	○	○
	○	○	○
Call _____	○	○	○

Daily Check-Up:

- Check how you feel.
- Check your swelling.
- Check your weight and write it on your plan.
- Determine your weight zone and write it on your plan.
- Decide how many water pills to take and write it on your plan.
- Decide if you need to call your doctor.

When to Call:

- You are short of breath at rest or more than usual.
- You have to sleep upright or in a chair.
- You have more swelling in your legs than usual.
- You have a lot of dizziness.
- Your weight stays in the yellow zone for 3 days in a row.
- Your your weight is in the red zone.

Phone Number _____