

Monitoring Your Weight

Chapters Health System Resource Library Series

It is important to monitor your weight because:

- Weight gain is the first sign that your heart failure is getting worse.
- Patients can gain up to ten pounds of “extra” weight from fluid.

Weigh Yourself Daily:

- At the same time each morning, after you urinate (pee).
- While wearing what you sleep in, before eating or drinking.
- Using the same scale on a flat, hard surface.

After weighing, write your weight down on the weight log and compare it to your dry weight (your weight on the day you are sent home from the hospital).

If you gain more than three pounds in one day or five pounds in one week, call your doctor.

If you have questions or concerns, please call 866.204.8611.



Heart Failure Zones

ALL CLEAR — GREEN ZONE

- NO shortness of breath
- NO weight gain of more than two pounds in one day or five pounds in one week
- NO swelling in the feet, ankles, legs or abdomen
- NO chest pain
- NO other significant symptoms

CAUTION — YELLOW ZONE

<<< CALL YOUR CHAPTERS TEAM >>>

- Three pound weight gain in one day or five pounds in one week
- More shortness of breath than normal
- You need to sleep upright in a chair in order to breathe
- MORE swelling in the feet, ankles, legs or abdomen
- Dry, hacking cough
- Feeling more tired than usual
- Dizziness
- Feeling uneasy ... you know something is not right

ALL CLEAR — RED ZONE

<<< SEEK HELP NOW < CALL 911 >>>

- Struggling to breathe
- Unrelieved shortness of breath while sitting without moving
- Experiencing chest pain
- Feel confused or can't think clearly

