Queensland Cardiovascular Group

DAILY WEIGHT MONITORING FOR HEART FAILURE

Weigh yourself at the same time every day – usually in the morning before breakfast.

If your weight increases by 2kg or more over 2 days, you need to take an extra 40mg Lasix (1 tablet) with your usual morning Lasix.

If your weight continues to increase, or you have any difficulties with breathing, contact your doctor.

If you have any questions, contact a QCG Nurse Practitioner on **07 3016 1111**.

DATE	WEIGHT	EXERCISE	COMMENTS

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