Water Pill Guide

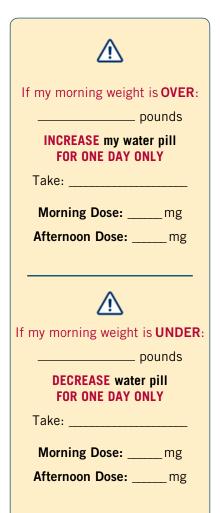
This guide tells you how much diuretic or "water pill" to take each day.

Please fill it out with your doctor and keep it with your medicines. Bring this guide and a list of your medicines to all your visits with your doctor.



My Doctor's Name: _____ Phone Number: _____

4		
If my morning weight is between :		
pounds		
and		
pounds		
Take:		
Morning Dose:		
mg		
Afternoon Dose:		





If your symptoms are severe, call 911 or go to the emergency room

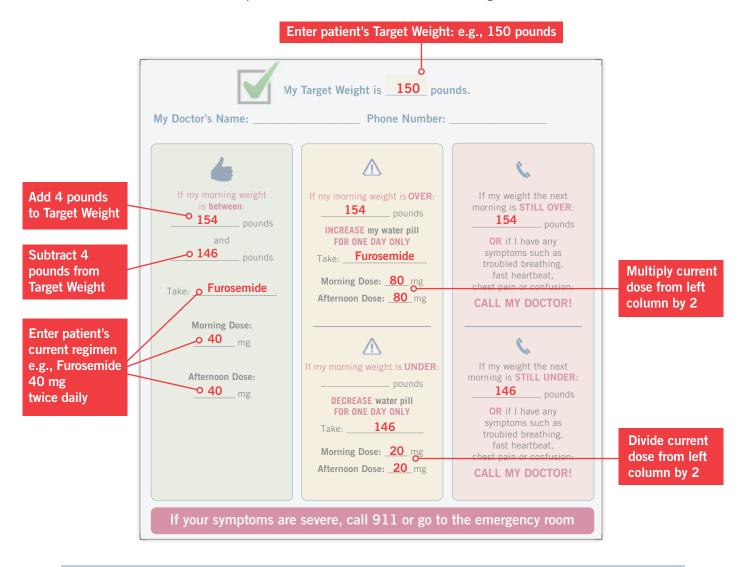
Heart Failure practice tools available at www.mainehealth.org/hf

Doctor: Please see other side for instructions on using this 'Water Pill Guide.'

Instructions for Provider: MaineHealth "Water Pill" Diuretic Self-Management Guide

Assess patient or caregiver's ability to understand and execute this protocol safely and accurately. In order to prescribe this protocol, patients should:

- Understand how to calculate 'mg tablet strength'
- Be on a maintenance loop diuretic dose in the moderate range*



^{*}See mainehealth.org/hf for additional guidance. Patients on higher doses should be referred to the Maine Medical Center Advanced Heart Failure Program if a self-dosed diuretic protocol is desired.

Oral Loop Diuretic Dose Equivalency			
Furosemide	Bumetanide	Torsemide	
40 mg	1 mg	20 mg	

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