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 Target Weight is ______ pounds.

My Doctor’s Name: _____________________  Phone Number: ___________________

If my morning weight is between:

__________ pounds

and

__________ pounds

Take: _________________

Morning Dose: ______ mg

Afternoon Dose: ______ mg

If my morning weight is OVER:

__________ pounds

INCREASE my water pill FOR ONE DAY ONLY

Take: _________________

Morning Dose: ______ mg

Afternoon Dose: ______ mg

If my morning weight is UNDER:

__________ pounds

DECREASE water pill FOR ONE DAY ONLY

Take: _________________

Morning Dose: ______ mg

Afternoon Dose: ______ mg

If my weight the next morning is STILL OVER:

__________ pounds

OR if I have any symptoms such as troubled breathing, fast heartbeat, chest pain or confusion:

CALL MY DOCTOR!

If my weight the next morning is STILL UNDER:

__________ pounds

OR if I have any symptoms such as troubled breathing, fast heartbeat, chest pain or confusion:

CALL MY DOCTOR!

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*

Enter patient’s Target Weight: e.g., 150 pounds

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*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.

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### Oral Loop Diuretic Dose Equivalency

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<tr>
<th></th>
<th>Furosemide</th>
<th>Bumetanide</th>
<th>Torsemide</th>
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<tbody>
<tr>
<td>40 mg</td>
<td>1 mg</td>
<td>20 mg</td>
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