



Water Pill Guide

Please fill out this form together with your doctor.

My target weight is pounds.

My Water Pill name and strength is mg.

If I am in the **YELLOW ZONE** or **RED ZONE** I will call:

Call Dr. Phone

If symptoms are **severe I will call 911** or go to the emergency room.

Weight	Number of pills in morning	Number of pills in afternoon	
			Red Zone Take action—call your doctor NOW! If symptoms are severe call 911 or go to the emergency room
			Yellow Zone Take action—call your doctor today.
			Green Zone You are in control. This is your Target Weight. You are doing OK and are in control.
			Yellow Zone Take action—call your doctor today.
			Red Zone Take action—call your doctor NOW! If symptoms are severe call 911 or go to the emergency room

Tear this sheet out and keep it near your medicines.

Bring this sheet to your doctor visits along with a list of all your medicines.

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

Guidance for Physician

This “Water Pill Guide” is intended as a patient self-management and teaching tool to help patients better manage their disease. Following your guidance appropriate patients can take a more active role in adjusting diuretic medications.

The goal is to help patients respond appropriately to weight changes as a sign of fluid retention or fluid loss by increasing or decreasing their dosage of diuretic medication (analogous to diabetes patients adjusting insulin).

You will also use this guide to help patients understand when it is appropriate to call your office for guidance.

Instructions:

1. Enter patient’s target weight*, medication name and strength at top of guide.
2. Enter provider name and phone number for patient to call.
3. Enter weights where you feel the patient should take action.
4. Enter the adjusted medication doses that you recommend at each of those weights above and below target weight.
5. Add any additional instructions (e.g., add metolazone at a certain threshold).

* TARGET WEIGHT

This is the weight at which the patient is stable on appropriate medications.

Note: All these materials available at www.mainehealth.org/hf.