

MONITORING YOUR WEIGHT

August 2009

- Weigh yourself every morning and write it down on this card
- Make sure you weigh yourself after going to the toilet but before your breakfast or getting dressed
- Always use the same scales
- If you have a weight gain of over 2lbs two days running or 3 – 4lbs in a week you should contact your doctor or nurse immediately
- Making small changes to what drugs you take, or what dose, can help avoid an acute attack and possible hospital admission
- Write down any changes in symptoms you notice at the time such as shortness of breath, increased ankle swelling etc

Date	Weight	How you feel

FACTSHEET