### Water Pill Guide

<table>
<thead>
<tr>
<th>Weight</th>
<th>How many water pills?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Morning</td>
</tr>
<tr>
<td></td>
<td>Afternoon</td>
</tr>
</tbody>
</table>

**Call _______

**Target Weight**

<table>
<thead>
<tr>
<th></th>
<th>Morning</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Afternoon</td>
</tr>
</tbody>
</table>

**Call _______

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The table outlines a guide for water pills, with columns for weight and specific times of day. The table is designed to be filled in with the appropriate information.
Daily Check-Up:

- Check how you feel.
- Check your swelling.
- Check your weight and write it on your plan.
- Determine your weight zone and write it on your plan.
- Decide how many water pills to take and write it on your plan.
- Decide if you need to call your doctor.

When to Call:

- You are short of breath at rest or more than usual.
- You have to sleep upright or in a chair.
- You have more swelling in your legs than usual.
- You have a lot of dizziness.
- Your weight stays in the yellow zone for 3 days in a row.
- Your your weight is in the red zone.

Phone Number ________________