

Monitoring your weight and fluid

Dialysis helps you feel your best by removing excess fluid from your blood. Extra fluid can show up on the scale, so it's important to monitor your weight at home daily.



Tips for checking your weight at home

Your normal weight—without extra fluid in your body—is called your estimated dry weight (EDW).

- /// Weigh yourself every day at the same time wearing similar clothes and shoes.
- /// Place the scale on a hard, even surface—no carpeting.
- /// Record your weight and compare it to your EDW.
- /// If you are on peritoneal dialysis and have peritoneal dialysate (PD fluid) in your abdomen, use PatientHub to help with tracking and monitoring your weight.
- /// Monitoring your 24-hour urine output is also important. If your urine output is changing, let your care team know.

Here to help

Let your care team know if you experience cramping, dizziness, fatigue, shortness of breath, swelling, or if your weight is consistently one kilogram over or under your EDW.



QUESTIONS ABOUT MONITORING YOUR WEIGHT?

Talk to your care team today.