

Monitoring your health with acute kidney injury (AKI)

You can help your care team monitor your health during AKI treatment by telling them about any changes you experience day to day.

Track these health factors daily and report them to your care team:



Urine output—If you notice any change in the amount of urine you're making, tell your care team. Make note of how many times you urinate throughout the day and the amount, so you can compare your urine output from day to day.



Weight—Weigh yourself daily and report to your care team. For accuracy, weigh yourself every day at the same time, wearing similar clothes and shoes.



Blood pressure—Take and record your blood pressure each day, then share your results with your care team.



New symptoms—Report any new symptoms you experience, such as: fatigue, shortness of breath, dizziness, swelling, or changes in appetite or mood.



Medications—Tell your care team immediately if any of your doctors prescribes new medication, changes your dose for an existing medication, or schedules a procedure that requires using a contrast dye (like a CT or MRI scan).



DOWNLOAD A HANDY URINE AND WEIGHT TRACKING SHEET

To make notes for your care team, you can download and print a daily urine output and weight tracker here: [FreseniusKidneyCare.com/UrineTracker](https://www.freseniuskidneycare.com/urinetracker)