Ascites Weight Tracker

- **Weigh yourself every day**. This helps your doctor keep track of how much fluid is in your body. Contact your care provider if you gain more than 10lbs (4.5kg)
- **Write down the diuretics** (water pills) and doses you are taking when you first start them, and when there is a change in the dose.
- Please **bring this record to every doctor's appointment**.

Date	Diuretic Name & Dose	Weight
	E.g. Lasix 40mg once a day, *Spironolactone 100mg once a day*	