

Heart Failure: Checking Your Weight Daily

When you have heart failure, checking your weight every day is one of the ways you're taking care of yourself.

Now this isn't about trying to be a certain size.

Not at all.

You're weighing yourself to watch for sudden changes in your weight.

Because if you see that you've suddenly gained weight, that's a sign your body is holding onto fluids.

A sudden weight change can mean your heart failure is getting worse.

That's why weighing yourself is such an important part of your heart failure action plan.

Here's how to do it.

Weigh yourself on the same scale and at the same time each day.

The best time to weigh yourself is in the morning after you go to the bathroom— but before you have breakfast and before you have anything to drink.

Don't wear shoes, but wear the same clothing each time you weigh yourself.

Or wear nothing at all.

Try to keep a record of your daily weight.

Some people use a calendar and keep it by the scale.

Write your weight on the calendar each day.

Your doctor or your heart failure action plan will tell you how much weight gain to watch out for and what to do.

Knowing how your weight is changing helps you manage your heart failure because you'll notice weight changes right away.

Then you can take steps like calling your doctor or taking medicine.

Taking those steps can help prevent problems from getting worse and keep you from going to the hospital.

Tracking your symptoms, including weighing yourself every day, gives you and your doctor the information that can help you live better when you have heart failure.