



# 心力衰竭患者體重日記

- 每天早晨起床後稱體重。在上廁所之後和服藥或穿衣之前稱體重。  
您的理想體重或乾體重是 \_\_\_\_\_。  
(乾體重是當您的身體未積水時的體重。)
- 如果您在一天內體重增加三磅或者在兩天內體重增加五磅，打電話給您的健康護理服務提供者。
- 每天檢查您的症狀。在以下欄目中記錄。
- 接受您的健康護理服務提供者門診時，請攜帶該記錄。

**情況正常**您的症狀  
得到控制**警告**打電話給您的健康護理服  
務提供者**緊急情況！**立即撥打  
9-1-1 號碼

日期	體重	血壓	我今天的症狀		
			綠色 — 情況正常	黃色 — 警告	紅色 — 緊急情況

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Heart Failure Daily Weight Log  
Chinese - Traditional

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# Heart Failure Daily Weight Log

- Weigh yourself every morning when you get up. Do this after you go to the bathroom and before you take your medicines or get dressed.

Your ideal or *dry weight* is \_\_\_\_\_.

(Dry weight is what you weigh when your body is not retaining water.)

- If you gain 3 pounds in 1 day OR 5 pounds in 2 days, call your health care provider.
- Check your symptoms every day. Make notes in the columns below.
- Bring this record with you when you visit your health care provider.

<b>OK</b>	<b>Warning</b>	<b>Emergency!</b>
		
Your symptoms are under control	Call your health care provider	Call 9-1-1 right away

			My Symptoms Today		
Date	Weight	Blood Pressure	Green – OK	Yellow – Warning	Red – Emergency

