



## Diuretic Dose Adjustment

Toronto General Hospital  
University Health Network

**My dry weight is:** \_\_\_\_\_ kg / lbs

**My Lasix (furosemide) dose is:** \_\_\_\_\_

Diuretic therapy is used in heart failure patients with fluid retention. Diuretics are started at a low dose and then gradually increased until urine output increases and weight decreases. Once fluid retention has been resolved, diuretic therapy should be continued to prevent recurrence of fluid retention. Ideally, people with heart failure should weigh themselves everyday to assess if they are starting to retain fluid. It is best to weigh yourself at the same time each day using the same scale. Below are instructions to adjust your Lasix (furosemide) dose based on your daily weight:

**If your weight increases by \_\_\_\_\_ kg / lbs in \_\_\_\_\_ days,**

**OR**

**by \_\_\_\_\_ kg / lbs in a week**

(Especially if accompanied by breathlessness and/or ankle swelling)

- Increase your furosemide dose to \_\_\_\_\_
- If after \_\_\_\_\_ days, you have not returned to your dry weight, please call the clinic, your family physician or cardiologist. Otherwise resume your original furosemide dose.
- Add metolazone \_\_\_\_\_ mg \_\_\_\_\_ daily 30 minutes prior to your furosemide dose.

Potassium supplement

- Increase K-Dur dose to \_\_\_\_\_
- Increase slow-K dose to \_\_\_\_\_

**If you experience a decrease in your baseline weight, dizziness, or any other signs of dehydration (dry mouth, dry eyes, dry skin, etc.), seek advice from the clinic, your family physician or cardiologist.**

Also remember to keep track of your weight and your furosemide dose in your log, and bring to your next clinic appointment.