

What Steps Should I Take to Weigh Myself at Home?

Why is it important for pulmonary hypertension patients to weigh themselves daily?

Your weight is one way to tell if your medical condition is getting worse or if you need changes in your medication to control extra fluid in your body.

Follow these steps below to get the most accurate weight possible:

- Weigh yourself at the same time each morning: after you urinate but before you eat or drink.
- Use the same scale every day. Place the scale on a hard, flat surface without carpet.
- Weigh yourself with no clothing or wear the same amount of clothing each time.
- Do not wear shoes.
- Record your weight on your log, calendar or phone app each day.
- Tell your doctor if your weight **increases by 2 pounds in one day, or 3 pounds in 3 days.**
- Always bring your weight records to any health appointments.

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