



When fluid builds up in the body, your weight will increase.

Your weight just before dialysis helps to determine how much fluid needs to be removed during dialysis.

Recording the correct weight before and after dialysis is very important.

Your “ideal” or “dry” weight is prescribed by your physician and is the weight at which you have little or no extra fluid in your body.

- Be sure the scale is at ZERO before stepping on it
- Center yourself on scale
- Document your weight on dialysis flow sheet

Important: This card is for informational purposes only and is not intended to be medical advice. Questions regarding treatment should be directed to your physician or qualified health care provider.



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Fresenius Medical Care • 920 Winter Street • Waltham, MA 02451 • 800-662-1237

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