

Understanding dry weight



What is estimated dry weight?

Dry weight is your weight without the extra fluid that builds up between dialysis treatments. This number often changes.



How is my dry weight determined?

Your care team will check:

- ✓ Your weight before and after treatment
- ✓ How you're feeling or recent health issues such as infection or hospitalization
- ✓ Any swelling you may have
- ✓ How you are breathing
- ✓ Your blood pressure
- ✓ Changes in appetite

Your care team will use all the information above to determine the best dry weight for you, how much fluid should be removed, and if your treatment time should be increased.



Every minute counts!

Your treatment time is prescribed by your doctor to help you feel your best. In general, shorter treatment times may cause uncomfortable side effects such as cramping and low blood pressure. Longer treatment times allow fluids to be removed gradually with fewer side effects.



Keep your list of medications up to date

Your care team will review your medications taken at home at least monthly to keep your list updated for your doctor. Let your care team know if you have changes in your prescribed or over-the-counter medications, including those for blood pressure, cold and allergies, vitamins, and supplements.



We are here to help!

Talk to your care team if you have questions about your dry weight, treatment time, or how your doctor, along with your care team, determined the best prescription for you.