



I'm not robot



Continue

Dialysis dietary guidelines

Dialysis helps to do something that your kidneys did when they were healthy. But dialysis as well as healthy kidneys doesn't work, and it's everything that healthy kidneys can't do. Some waste and fluids can still build up in your body, especially among dialysis treatments. Over time, excess waste and fluid in your blood can cause heart, bone and other health problems. If you have kidney failure/ESRD, you should monitor the amount of fluid and certain nutrients each day. It can help keep waste and fluid from building in your blood and cause problems. How strict your diet should actually be depends on your treatment plan and other health concerns. Most people on dialysis need to be limited: potassium phosphorus fluid sodium potassium is a mineral found in almost all foods. Your body needs some potassium to make your muscles work, but too much potassium can be dangerous. Having too much potassium in your blood is called hyperkalemia. When you are on dialysis, your potassium level may be too low or too high. Having too little or too much potassium can lead to muscle cramps, weakness and irregular heartbeat. Having too much potassium can cause a heart attack. Ask your dietitian how much potassium you should have each day. Use this potassium log to print and keep track of how much potassium you take in! Return to top phosphorus is a mineral found in many foods. It works with calcium and vitamin D to keep your bones healthy. Healthy kidneys help maintain the right balance of

