

Date: \_\_\_\_\_




## RCH HEMODIALYSIS NUTRITION LABS-What do they mean?



Dietitian: \_\_\_\_\_

Name: \_\_\_\_\_

Talk to your dietitian if you have questions or concerns.

Phone: \_\_\_\_\_

| LAB TEST  | TARGET LEVELS - HD  | YOUR LEVEL                             | MAJOR FOOD SOURCES  | WHAT SHOULD I DO?   | SIDE EFFECTS OF HIGH OR LOW LAB VALUES  |
|---|---|--|---|---|---|
| <b>Albumin</b><br>(a type of protein in blood)<br> | <b>35 g/L</b><br>(30 -35 g/l may be OK if weight is stable and you are eating well) | This month: _____<br>Last Month: _____ | <b>Protein-rich foods:</b> lean red meat, fish, poultry, pork, eggs/egg substitutes, and cheese. Protein powder and nutritional supplements like Nepro, Ensure Plus and Glucerna.   | <input type="checkbox"/> <b>Too low:</b> <ul style="list-style-type: none"> <li>• Eat more foods high in protein.</li> <li>• Start or continue taking nutritional supplements/protein powder as directed by your dietitian.</li> <li>• Talk to your doctor or dietitian.</li> </ul>   | <input type="checkbox"/> <b>Too low:</b> <ul style="list-style-type: none"> <li>• Health problems such as decreased ability to fight infections.</li> <li>• Not able to build muscle.</li> <li>• Low energy/weakness.</li> <li>• Increased swelling.</li> </ul>   |
| <b>Potassium</b><br>                               | <b>3.5 - 5.0 mmol/L</b><br>(5.0-5.4 acceptable but not ideal)                       | This month: _____<br>Last Month: _____ | <b>High Potassium Foods :</b><br><b>Fruits:</b> bananas, kiwi, melon, oranges, dried fruits, fresh peaches, mango, papaya.<br><b>Vegetables:</b> tomato products, spinach and dark leafy greens, avocado, dried peas and beans, potatoes, yams, winter squash.<br><b>Other:</b> dairy products, whole grain products, nuts, chocolate, & some salt substitutes. | <input type="checkbox"/> <b>Too high:</b> <ul style="list-style-type: none"> <li>• Eat less high potassium foods.</li> <li>• Talk to your doctor or dietitian about changes in your diet or dialysis.</li> </ul> <input type="checkbox"/> <b>Too low:</b> <ul style="list-style-type: none"> <li>• Talk to your doctor or dietitian about changes in your diet or dialysis.</li> </ul>  | <input type="checkbox"/> <b>Too high:</b> <ul style="list-style-type: none"> <li>• High levels of potassium can stop your heart without warning (heart attack) and cause difficulty breathing.</li> </ul> <input type="checkbox"/> <b>Too low:</b> <ul style="list-style-type: none"> <li>• Muscle weakness, increased heart rate.</li> </ul> |
| <b>Phosphorus</b><br>                            | <b>1.1-1.8 mmol/L</b>   | This month: _____<br>Last month: _____ | <b>High phosphorus foods:</b> Milk and dairy products (milk, cheese, yogurt, ice cream), dried beans and peas, nuts, dark sodas, chocolate, whole grain products, organ meats, baking powder.   | <input type="checkbox"/> <b>Too high:</b> <ul style="list-style-type: none"> <li>• Eat less high phosphorus foods.</li> <li>• Take your phosphate binders(Calcium Acetate, Calcium Carbonate, Renagel®, Fosrenol®, Tums®) with meals and snacks as directed.</li> </ul> <input type="checkbox"/> <b>Too low:</b> <ul style="list-style-type: none"> <li>• Eat some foods high in phosphorus as directed by your dietitian.</li> </ul> | <input type="checkbox"/> <b>Too high:</b> <ul style="list-style-type: none"> <li>• Bones that break easily, bone and joint pain, itching.</li> </ul> <input type="checkbox"/> <b>Too low:</b> <ul style="list-style-type: none"> <li>• Muscle weakness, difficulty breathing.</li> </ul>  |

| LAB TEST  | TARGET LEVELS FOR HD       | YOUR LEVEL                             | MAJOR FOOD SOURCES   | WHAT SHOULD I DO?   | SIDE EFFECTS OF HIGH OR LOW LAB VALUES   |
|---|----------------------------|--|--|---|--|
| <b>Calcium</b><br>     | 2.1 - 2.5 mmol/L           | This month: _____<br>Last month: _____ | <b>Milk and dairy products.</b><br>* However, these foods should not be increased because they are high in phosphorus.                       | <input type="checkbox"/> <b>Too high:</b> <ul style="list-style-type: none"> <li>Discuss how and when to take your phosphate binders with your dietitian.</li> <li>Do not take Tums/Roloids® for heartburn.</li> </ul> <input type="checkbox"/> <b>Too low:</b> <ul style="list-style-type: none"> <li>You may need to take a calcium supplement. Talk to your doctor or pharmacist.</li> </ul> | <input type="checkbox"/> <b>Too high:</b> <ul style="list-style-type: none"> <li>Muscle weakness, fatigue, abdominal cramps, constipation.</li> </ul> <input type="checkbox"/> <b>Too low:</b> <ul style="list-style-type: none"> <li>Muscle twitching, cramping.</li> </ul> |
| <b>HgbA1C</b><br>*indicates your blood sugar control over the past three months.                        | Less than 7.0%             | Last level: _____                      | HgbA1C is affected by the <b>type and amount</b> of food eaten.  | <input type="checkbox"/> <b>Too high:</b> <ul style="list-style-type: none"> <li>Follow your diet and take your insulin or diabetic pills as directed.</li> <li>Talk to your doctor or dietitian.</li> </ul>  | <input type="checkbox"/> <b>Too high:</b> <ul style="list-style-type: none"> <li>Values over 7.0% increase your risk of diabetes complications such as vision, heart and circulation problems.</li> </ul>  |
| <b>Parathyroid Hormone (PTH)</b>  | 16.5-33.0 pmol/L           | Last level: _____                      | <b>High phosphorus and calcium levels</b> can change the level of this hormone. There are no foods that will directly change your PTH level. | <input type="checkbox"/> <b>Too high:</b> <ul style="list-style-type: none"> <li><b>Eating less phosphorus in your diet</b> may help lower your PTH level. Your doctor may need to adjust your medications as well.</li> </ul> <input type="checkbox"/> <b>Too low:</b> <ul style="list-style-type: none"> <li>Your doctor may need to adjust your medications.</li> </ul>                      | Problems with PTH can lead to bone loss, skin sores, joint pain, blocked blood vessels and heart problems.   |
| <b>Fluid weight gain between runs.</b>  | Depends on your body size. |  | <b>High sodium foods</b> such as processed, packaged, canned and salty snacks (ie pickles, canned soup, deli meat).                          | <input type="checkbox"/> <b>Too high:</b> <ul style="list-style-type: none"> <li>Eating too much sodium or drinking too much can cause high fluid gains between runs.</li> <li>Use <b>less salt and eat less high sodium foods.</b></li> <li>Decrease your <b>fluid intake.</b></li> </ul>  | <input type="checkbox"/> <b>Too high:</b> <ul style="list-style-type: none"> <li>High blood pressure.</li> <li>More swelling.</li> <li>Hard on your heart.</li> </ul>  |
| <b>Hemoglobin</b><br> | 110-120 g/L                | This month: _____<br>Last month: _____ | Eating high iron foods will not prevent low hemoglobin (anemia) in people with kidney failure.   | <input type="checkbox"/> <b>Too high:</b> <ul style="list-style-type: none"> <li>Doctor may need to adjust your medication.</li> </ul> <input type="checkbox"/> <b>Too low:</b> <ul style="list-style-type: none"> <li>EPO or Aranesp and/or IV iron may be necessary to help make red blood cells.</li> </ul>  | <input type="checkbox"/> <b>Too low:</b> <ul style="list-style-type: none"> <li>Low levels can make you feel tired.</li> </ul>   |