

Department of Nutrition and Dietetics

Renal disease: Diet and controlling blood results on NX stage dialysis

Now that you have started your NX stage dialysis training, there will be the opportunity to see the renal Dietitian before you go home, or at your home dialysis clinic appointments

In the meantime:

Continue your current diet and any dietary restrictions you have been advised by the dietitian on the dialysis unit. The nurses and doctors will keep a close check on your blood results by regular blood tests, so will be able to advise you if the levels change.

With more frequent dialysis your appetite and energy levels will hopefully improve, and this may be enough to keep the bloods levels stable. This is all very individual and will depend on the nutritional intake, current and previous dialysis prescription, and dialysis adequacy. The home dialysis team will calculate the adequacy of dialysis with a marker called Kt/v and this level should be greater than 2.4.

Your dry weight may be reduced initially due to effective fluid removal. However, if you feel your appetite has reduced, and you may have lost dry weight, please inform a member of the home dialysis team about this so you can be referred to the renal dietitian.

The nurses in the renal unit will talk to you about fluid intake, and advise you if you need to change your intake. With more frequent dialysis you can generally drink a little more, but should still not gain more than 0.5-1kgs in between dialysis sessions. This will help your blood pressure control and heart function. If you drink too much your dialysis time may need to be increased.



Patient Information

Renal Dietetic advice:

A renal dietitian will advise you on your diet depending on your blood results. We will encourage you to continue with a good protein intake, so will recommend a suitable amount of meat and fish and moderate amounts of milk, eggs and cheese.

You will then be advised on an appropriate dietary intake of potassium, phosphate, fluid, and salt to keep your blood results within safe limits. The dietitian will record your dry weight and nutritional intake, and may do some further nutritional assessments, including arm measurements. These help to record whether changes in weight and appetite are linked with improvements in strength, well-being and muscle distribution.

When you go home on NX stage dialysis it is important that you stay in touch with the dietitian either with a clinic review or telephone consultation. The renal patient view computer system is a good way of keeping up-to-date with your blood results, so that you can make changes to your diet if needed. You should continue to take your dialysis vitamins as prescribed by your GP.

Warning - Starfruit contains a chemical which can be extremely dangerous to people with kidney problems. They should be avoided.

Produced by Coventry Renal Dietitians, University Hospitals Coventry & Warwickshire NHS Trust.

Dietitian: Caroline Bird

Contact number: 024 7696 6151

Twitter account: @UHCW_RenalDiet

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6151 and we will do our best to meet your needs.

The Trust operates a smoke free policy

Document History

Department:	Dietetics
Contact:	26151
Updated:	November 2020
Review:	November 2022
Version:	5
Reference:	HIC/LFT/1457/12