

Nutrition and Dietetics

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

You have now started your NX stage dialysis training - please continue your current diet and any dietary restrictions you have been given by the dietitian on the dialysis unit. You will have an opportunity to catch up with your renal dietitian at your home dialysis clinic appointments. At this appointment, your nutritional requirements together and vitamins & nutritional supplements will be reviewed.

In the meantime:

The nurses and doctors will continue to check on your blood results by regular blood tests. They will be able to advise you if the levels change.

With more frequent dialysis, your appetite and energy levels will hopefully improve. This may be enough to keep your bloods levels stable. This is all very individual and will depend on your nutrition 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 because of effective fluid removal. However, if you feel your appetite has reduced, and there is the possibility that you have lost weight, please inform a member of the home dialysis team so you can be referred to the renal dietitian.



Patient Information

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.

Renal dietetic advice:

A renal dietitian will advise you on your diet depending on your blood results. They will encourage you to continue with a good protein intake, and 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 will complete some nutritional assessments during your clinic reviews. These help to record whether changes in your 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. This can be either with a clinic review or telephone consultation. The 'patient knows best' 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.

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.

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Patient Information

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.

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