University Hospitals Coventry and Warwickshire NHS Trust

Patient Information

Nutrition and Dietetics

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

Now that you have started your NX stage dialysis training, please continue following your current diet and any dietary restrictions advised by your dialysis unit dietitian.

You will have opportunities to meet with the renal dietitian during your home dialysis clinic appointments. At these visits, your nutritional needs, including vitamins and any supplements will be reviewed and adjusted, as necessary.

Monitoring and blood tests

- The nurses and doctors will regularly check your blood results through routine blood tests. They will keep you informed if any of your levels change.

- With more frequent dialysis, many people find their appetite and energy levels improve. This can help keep your blood results stable. However, this varies from person to person and depends on factors like your diet, your current and past dialysis schedule. And how effective your dialysis is.

- The home dialysis team will measure the effectiveness of your dialysis using a marker called Kt/v. Ideally, this level should be greater than 2.4.

Fluid and weight management

- At first, your dry weight (your weight without extra fluid) may go down because dialysis removes fluid effectively.

- If you notice that your appetite has reduced or you think you may have lost weight, please tell a member of the home dialysis team. They can refer you to the renal dietitian for support.

- The nurses in the training unit will advise you about how much fluid you should drink.

- With more frequent dialysis, you may be able to drink a little more fluid than before. However, you should still try not to gain more than 0.5 to 1kg between dialysis sessions.

- Keeping your fluid gain within this range helps control your blood pressure and supports your heart function. Drinking too much fluid may mean your dialysis sessions need to be longer.

Renal dietetic advice

A renal dietitian will advise you on your diet based on your blood test results. They will encourage you to maintain a good intake of protein, recommending suitable amounts of meat, fish, milk, eggs and cheese.

If needed, the dietitian will also advise you on how much potassium, phosphate, fluid, and salt you should have to keep your blood results within safe levels.

During your clinic visits, the dietitian will record your dry weight and nutritional intake. They will complete nutritional assessments to check if changes in your weight and appetite are helping improve your strength, well-being, and muscle distribution.

Once you start NX stage dialysis at home, it is important to stay in touch with your dietitian through clinic visits or telephone consultation. The

Patient Information

‘Patient knows best’ online system lets you keep track of your blood results and helps you adjust your diet when needed.

Important warning:

Starfruit contains a chemical that can be extremely dangerous for people with kidney problems. Please avoid starfruit completely.

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

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