

Name:

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Phosphate Chart

e Chart

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11	3.0												
	2.9												
	2.8												
	2.7												
Over 1.6 mmol/L	2.6												
Too High This can damage your heart and	2.5												
	2.4												
	2.3												
	2.2												
arteries	2.1												
	2												
	1.9												
	1.8												
	1.7												
	1.6												
0.8 - 1.6 mmol/L Healthy Levels	1.5												
	1.4												
	1.3												
	1.2												
	1.1												
	1												
	0.9												
	0.8												
	0.7												
	0.6												
	0.5												
Under 0.8 mmol/L	0.4												
Too Low	0.3												
	0.2												
Check your tablets with the GP or	0.1												
kidney doctor	0.0												
		Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec

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Phosphate Chart

Too High

High phosphate levels can give you red eyes, itchy skin, pain in your knees and elbows, weak bones that break easily, weak heart.

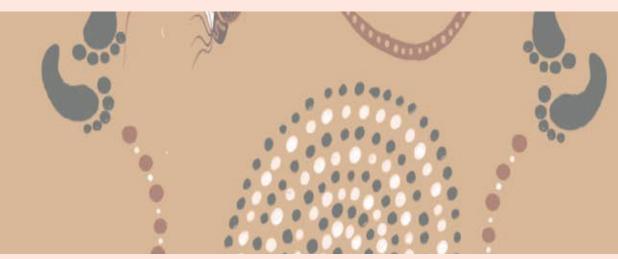
- Take your phosphate binders with each meal. These tablets help lower phosphate levels.
- The tablets you may have might be called calcitab, or renagel
- Choose lower phosphate foods

Speak to the nurse or Moorditj Djena dietitian for more information

Too Low

Check your tablets with your kidney doctor

Speak to the nurse or Moorditj Djena dietitian for more information



Reference by: Adapted from Kidney Health Australia from the Phosphate story through the Northern Territory rural service 2012.

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