



# Phosphate Chart



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

Date of birth: \_\_\_\_\_



Over 1.6 mmol/L

## Too High

This can damage your heart and arteries

3.0  
2.9  
2.8  
2.7  
2.6  
2.5  
2.4  
2.3  
2.2  
2.1  
2  
1.9  
1.8  
1.7  
1.6  
1.5  
1.4  
1.3  
1.2  
1.1  
1  
0.9  
0.8  
0.7  
0.6  
0.5  
0.4  
0.3  
0.2  
0.1  
0.0



0.8 - 1.6 mmol/L

## Healthy Levels



Under 0.8 mmol/L

## Too Low

Check your tablets with the GP or kidney doctor

Jan Feb Mar Apr May Jun Jul Aug Sept Oct Nov Dec

# 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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