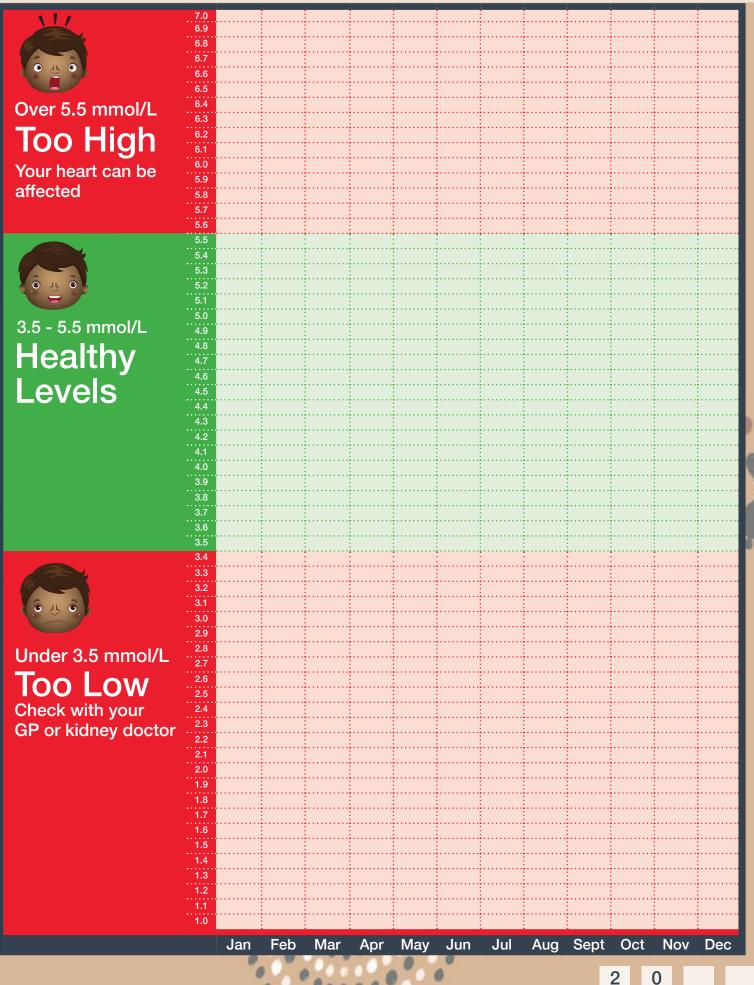


Name:

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Potassium Chart

Date of birth:



Potassium Chart

Too High

- Very high potassium is dangerous for your heart.
- To keep your potassium levels low, **don't miss dialysis.** (The dialysis machine gets rid of potassium)
- When your potassium levels are HIGH:
 - Make sure you are going to toilet regularly
 - Replace high potassium foods for lower potassium option
 - Foods that are high in potassium include some fruits, vegetables and snack foods

Speak to the nurse or Moorditj Djena dietitian for more information

Too Low

- Eat more fruit and vegetables
 - E.g., aim for 2 pieces of fruit per day for example banana and apple
 - E.g., aim for 4 serves of vegetables per day

Speak to your Kidney doctor or G.P. for more information

Reference by: DAA Evidence Based Practice Guidelines for the Nutritional Management of Chronic Kidney Disease 2006, Queensland Government, Queensland Health. Controlling potassium (K+) 2012.

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