



HOW TO CONTROL YOUR PHOSPHORUS

WHY DO MOST PATIENTS WITH KIDNEY DISEASE HAVE HIGH PHOSPHORUS LEVELS?

Your kidneys get rid of excess phosphorus. If your kidneys are not working phosphorus stays in your body.

WHAT HAPPENS IF YOUR PHOSPHORUS IS HIGH?

- Bones can get weak and break. Bones can be painful, too!
- Itching of the skin.
- "Crystals" or calcium deposits can form in your body including heart and lungs.
- Red eyes
- Long-term high phosphorus can shorten your life.

WHAT CAN YOU DO TO PREVENT HIGH PHOSPHORUS?

- Avoid high phosphorus foods. A list is available in this handout.
- Do not skip your dialysis treatment. Dialysis removes some phosphorus from your body.
- Remember to take your phosphorus binders.

FOODS HIGH IN PHOSPHORUS AVOID THESE IN YOUR DIET EVERYDAY

Meats: Liver (any kind), bologna, hotdog, potted meats, organ meats. Watch out for enhanced meats; they're sometimes injected with phosphate salts. Look out for "phos" in the ingredient section.

Fish: Canned salmon or herring, sardines and oysters.

Dairy: Milk (any kind), dry milk powder, pudding, ice cream, custard, eggnog, cheese including cottage or ricotta cheese. * No more than ½ cup of this group a day!

Beans: Kidney, lima, pinto, baked beans, black-eyed peas, lentils, black beans, pork and beans, chick peas, soybeans and tofu.

Nuts and seeds: all nuts including peanuts and peanut butter, cashews, almonds, walnuts, sunflower seeds and sesame seeds.

Other: bran, chocolate, beer, cola, biscuits and pancake from mix. Avoid foods and drinks with phosphosoda, phosphoric acid in the label. Some prepared foods and beverages have these ingredients.

TIPS TO REMEMBER

- Pay attention to foods you can have and include these in your diet for variety.
- You can have milk as long as it is not more than ½ cup a day.
- Also, you may have 1 slice or 1 ounce of cheese a day.
- If you must have beans, make sure that you substitute: ½ cup cooked beans for 3 ounces of meat.

- During a cookout, choose coleslaw or macaroni salad instead of baked beans.
- Choose clear sodas and avoid dark ones.
- Remember to take your phosphate binders. (See next page about this medicine).
- Notify your doctor, nurse or nutritionist if you have heavy snacks. We might need to adjust your phosphate binder.

INSTEAD OF:

- Cream soup made with milk
- Cheese
- Ice cream
- Dark soda
- Lima Beans, baked beans
- Peanuts
- Chocolate

TRY:

- Broth from lean meats
- Cream cheese
- Sherbet or Popsicle
- Clear soda or root beer
- Mixed vegetables, coleslaw
- Unsalted popcorn, pretzels
- Hard Candy

PHOSPHATE BINDERS

- Phosphate is a mineral that is common in many foods.
- Unhealthy or damaged kidneys are not able to remove phosphate from the body.
- Too much phosphate in your body damages your bones and organs.
- Dialysis removes some, but not enough, phosphate from your blood.
- Phosphate binders are medicines that bind or attach to phosphorus in your gut before it is absorbed into your body.
- They must be taken with food in order to prevent phosphate absorption.
- The bound phosphate is removed through your bowels.

IMPORTANT REMINDERS

- Take binders with you when you eat out.
- Do not forget to take binders as directed.
- Keep plenty of binder on hand. Make sure you do not run out.
- Let your doctor, nurse or nutritionist know if you get any side effects from the binders, such as bloating, constipation, or stomach pains.
- Do not take iron supplements with your phosphate binders.

EXAMPLES OF PHOSPHATE BINDERS

Calcium carbonate

Tums, Tums EX, Tums ULTRA, Os-Cal 500

Calcium acetate

Phoslo, Calphron

Renagel (sevalamer hydrochloride), Renvela (sevelamer carbonate) and Fosrenol (lanthanum carbonate)

- No calcium and aluminum.
- Used if your calcium is high.

Aluminum – used less or temporarily

Alu-Cap, Alu-Tab, Amphojel, Baseljel, ALternaGEL, Amphojel, Dialume