

Helping you meet your phosphorus goal

Phosphorus levels can be controlled through proper food choices, dialysis, and taking a phosphate binder.^{1,2}

Patient information

Name:

Current phosphorus level:

Next lab draw date:

Phosphorus goal for next lab draw date:

Name of phosphate binder:

Phosphate binder dosing:

Notes/comments (greatest challenges, high-phosphorus foods and beverages currently in diet, alternative food and beverage suggestions):

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Smart food and beverage choices



Eating low-phosphorus foods and drinking low-phosphorus beverages may help manage your phosphorus levels.¹

- Instead of eating ice cream, consider sherbet or a Popsicle®.
- Instead of drinking soda, ask your dietitian for beverage suggestions.



Dialysis

Attending regularly scheduled dialysis sessions to remove waste is an important component of managing your phosphorus levels.¹



Phosphate binders

Taking a phosphate binder with meals can help you limit the amount of phosphorus your body absorbs from the foods you eat.²

References: 1. National Kidney Foundation website. <http://www.kidney.org/>. Accessed April 9, 2013.

2. American Kidney Fund website. <http://www.kidneyfund.org>. Accessed April 10, 2013.

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