



# Phosphorus and Dialysis

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**P**hosphorus is an essential mineral found mostly in bones and teeth and is the second most abundant mineral in the human body after calcium. It has many functions in the body including growth and repair of body cells and tissues, energy use and storage and use and balance of different vitamins and minerals.

Healthy kidneys are able to get rid of extra phosphorus that doesn't get absorbed or stored. When you are in kidney failure, the kidneys aren't able to remove the extra phosphorus. This leads to a buildup of phosphorus in the body and can become very dangerous.

## **Too much phosphorus can lead to;**

- Weak and brittle bones; can lead to bone fractures

- Non-healing sores; can lead to amputations
- Stroke
- Heart attack
- Death

**There are three ways you can keep your phosphorus level in goal range**

- Completing your dialysis treatments
- Take your phosphate binders (if prescribed by your doctor)
- Limiting high phosphorus foods

Dialysis helps remove some of the extra phosphorus that isn't used in the body. If you are on hemodialysis, whether in-center or at home, complete all your treatments. If





you're on peritoneal dialysis, make sure you do all your exchanges as prescribed by your PD nurse and doctor. Missing treatments/exchanges or cutting treatments short can lead to a buildup of phosphorus.

Phosphate binders are another method you can use to keep your phosphorus level under control. Phosphate binders are medications that help bind extra phosphorus when you eat and can prevent phosphorus buildup. Your doctor will tell you if you need binders and how many you will need to take with your meals. Binders are to be taken as close to your meals as possible, within 15 minutes (either before or after but preferably as soon as you eat). Some examples of phosphate binders include; calcium acetate, renvela and velphoro.

Phosphorus is found in many different foods. Most of the foods that are high in protein or calcium also contain phosphorus. It's nearly impossible to completely cut phosphorus from the diet. The best way to limit

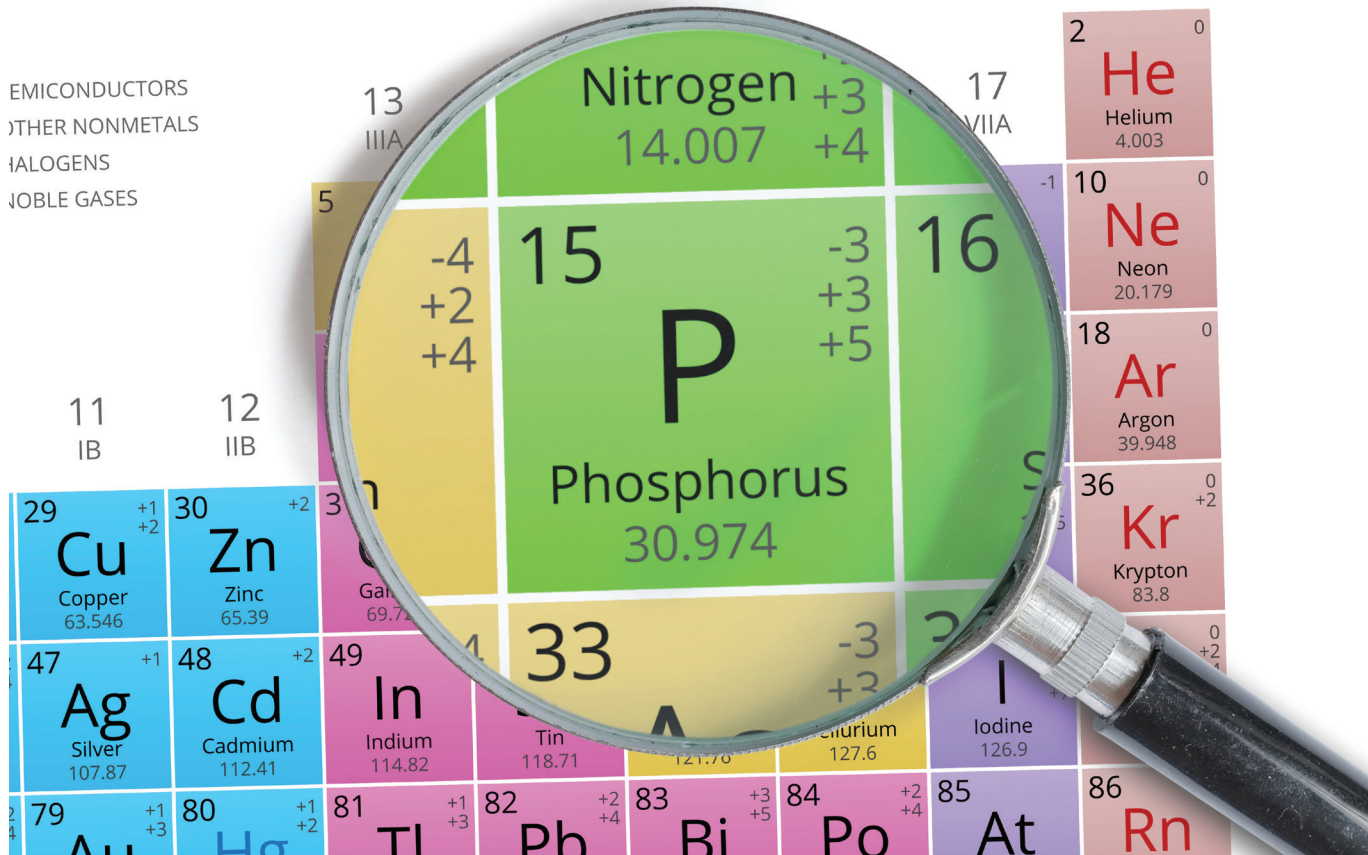
phosphorus in your diet is to limit very high phosphorus foods.

#### Examples of High Phosphorus Foods;

- Dairy products like milk, cheese, ice cream
- Dark sodas: Coke, Pepsi
- Processed foods: frozen meals, prepackaged foods
- Bacon, hot dogs, sausage, etc.
- Creamy soups and sauces
- Chocolate
- Nuts
- Peanut butter, Almond Butter, Cashew Butter
- Bran Muffins
- Beverages with phosphate additives like Hawaiian punch, some ice teas
- Fast foods

#### Examples of Low Phosphorus Alternatives;

- Beverages: Zevia products (such as cream sodas), Pure Leaf Ice Tea, Snapple, Fresca, A &W Root Beer



- Processed Meats: Applegate products (lunchmeat, hot dogs, and sausages), Boar's Head Beef Frankfurters, Oscar Meyer Selects: Angus Bun Length Smoked Uncured Angus Beef Franks
- Cheese: Cream cheese
- Milk: Almond milk
- Ice Cream, Sorbet
- Frozen meals with less than 20% phosphorus

Phosphorus can become an issue for people who are on dialysis. Too much phosphorus in the body can lead to life-threatening problems. To avoid phosphorus levels from getting too high make sure you follow a low phosphorus diet, complete all your dialysis treatments/exchanges as prescribed and take your phosphate binders. ■