Hemodialysis Nutrition Report Card

Name ______________________________
Date ________________________________
Weight Now ______________________ Weight 6 months ago ________________________

<table>
<thead>
<tr>
<th>Lab Test</th>
<th>Your Result</th>
<th>Normal Level For HD</th>
<th>Side Effects</th>
<th>Ways to Improve</th>
</tr>
</thead>
</table>
| Potassium            | 3.5-5.5      | (up to 5.9 is reasonable) | ▪ Irregular heart beat  
▪ Heart stops                      | ▪ Limit high potassium foods.       |
| Albumin (blood protein) | 35-50       |                       | ▪ Muscle loss        
▪ Weakness                        | ▪ Eat more high quality protein like beef, pork, poultry, fish and eggs. |
| Urea                 | 21-28        |                       | ▪ Muscle loss        | ▪ Eat more protein as above.  
▪ Try for ______g protein per day                                           |
| Calcium              | 2.10-2.60    |                       | ▪ Muscle cramping     
▪ Weak bones                   | ▪ Limit foods high in phosphorus.  
▪ Itching, joint pain          
▪ Bone pain/disease           | ▪ Take phosphorus binders with meals and snacks. |
| Phosphorus           | 0.80-1.80    |                       | ▪ Shortness of breath  
▪ Swelling, weak heart         | ▪ Drink less fluid  
▪ High blood pressure          | ▪ Reduce salt and salty foods       |
| Fluid gain           | Less than 3 kg |                     | ▪ Average blood sugar | ▪ Limit sweets and carbohydrates                                                 |
| Hgb A1C              | 4.4-6.4 %    |                      |                       |                                                                                |

To be used in conjunction with advice from a Registered Dietitian.