

## WHAT IS HIGH PHOSPHORUS?

### Hyperphosphatemia (HI-per-FOZ-fa-TEE-mee-uh)



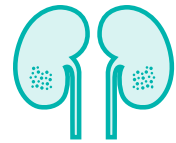
Hyperphosphatemia happens when your phosphorus levels are too high. This is common for people who have CKD and are on dialysis



If you're on dialysis, the goal should be getting your phosphorus levels to a normal range



When your kidneys are healthy, they remove extra phosphorus from your blood



When kidneys fail, phosphorus can build up in the blood, causing hyperphosphatemia

## WHY IS HIGH PHOSPHORUS IMPORTANT TO MANAGE?



Hyperphosphatemia, or high phosphorus, can lead to an imbalance of calcium and phosphorus levels in your body



High phosphorus can lead to symptoms like itching, nausea, vomiting, and bone or muscle pain



High phosphorus can lead to heart disease

## HOW IS HIGH PHOSPHORUS MANAGED?



Along with a low-phosphorus diet and dialysis, your healthcare provider may prescribe a phosphate binder.



Phosphate binders are pills that attach to the foods you eat and reduce the amount of phosphorus absorbed by your body. Many phosphate binders contain calcium, which can lead to mineral buildup in your veins and arteries (vascular calcification).



Dialysis is a treatment that keeps the body in balance by removing waste, salt, and extra water to prevent build up in the body. Dialysis is needed when patients develop end-stage kidney failure and the kidneys can no longer take care of the body's needs, like maintaining safe levels of electrolytes, and helping to control blood pressure.

## TIPS TO CONTROL YOUR PHOSPHORUS LEVELS



### Stay organized, stay consistent

Getting into a routine can help you stay on track. Try to get into the habit of taking your medication with meals at the same times every day.

Show up for your dialysis treatments on time and stay for the full treatment.



### Refill ahead of time

Make sure you're never without your medicine—contact your pharmacy before your supply runs out.



### Follow your low-phosphorus diet

Because phosphorus is found in so many foods, it is important to stick to a low-phosphorus diet. Your renal dietitian can help guide you through any dietary changes you may need.

## YOUR DIALYSIS TEAM IS HERE TO HELP

Dialysis Team Contact: \_\_\_\_\_

Phone Number: \_\_\_\_\_

#### Sources:

National Kidney Foundation. Phosphorus and your CKD diet.

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National Kidney Foundation. K/DOQI clinical practice guidelines for bone metabolism and disease in chronic kidney disease. *Am J Kidney Dis*. 2003;42(4 Suppl 3):S1-S201. doi:10.1053/S0272-6386(03)00905-3

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