

Learn
About
Blood



Many people on dialysis don't know that they can use their lab results as a tool to see how well they're doing.

Lab tests tell you what's happening inside your body. By learning what each test measures, why it's important, and the target range, you can see how well you are doing from one month to the next.

In addition to knowing your lab results, it is important for you learn what you can do to maintain or improve your test results. These cards will help you do this.

The more you understand and take care of yourself, the better you will feel.

Learn
About
Blood



Many people on dialysis don't know that they can use their lab results as a tool to see how well they're doing.

Lab tests tell you what's happening inside your body. By learning what each test measures, why it's important, and the target range, you can see how well you are doing from one month to the next.

In addition to knowing your lab results, it is important for you learn what you can do to maintain or improve your test results. These cards will help you do this.

The more you understand and take care of yourself, the better you will feel.

Learn
About
Blood



Many people on dialysis don't know that they can use their lab results as a tool to see how well they're doing.

Lab tests tell you what's happening inside your body. By learning what each test measures, why it's important, and the target range, you can see how well you are doing from one month to the next.

In addition to knowing your lab results, it is important for you learn what you can do to maintain or improve your test results. These cards will help you do this.

The more you understand and take care of yourself, the better you will feel.

Learn
About
Blood



Many people on dialysis don't know that they can use their lab results as a tool to see how well they're doing.

Lab tests tell you what's happening inside your body. By learning what each test measures, why it's important, and the target range, you can see how well you are doing from one month to the next.

In addition to knowing your lab results, it is important for you learn what you can do to maintain or improve your test results. These cards will help you do this.

The more you understand and take care of yourself, the better you will feel.

To file a grievance about your dialysis facility, contact Network 7 at

1.800.826.3773



The Florida ESRD Network

HSAG: The Florida ESRD Network (Network 7)
3000 Bayport Drive, Suite 300
Tampa, FL 33607
Toll-free: 800.826.3773
www.hsag.com

This material was prepared by HSAG: The Florida ESRD Network (Network 7), under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy nor imply endorsement by the U.S. Government. FL-ESRD-7A1008-04272016-01

To file a grievance about your dialysis facility, contact Network 7 at

1.800.826.3773



The Florida ESRD Network

HSAG: The Florida ESRD Network (Network 7)
3000 Bayport Drive, Suite 300
Tampa, FL 33607
Toll-free: 800.826.3773
www.hsag.com

This material was prepared by HSAG: The Florida ESRD Network (Network 7), under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy nor imply endorsement by the U.S. Government. FL-ESRD-7A1008-04272016-01

To file a grievance about your dialysis facility, contact Network 7 at

1.800.826.3773



The Florida ESRD Network

HSAG: The Florida ESRD Network (Network 7)
3000 Bayport Drive, Suite 300
Tampa, FL 33607
Toll-free: 800.826.3773
www.hsag.com

This material was prepared by HSAG: The Florida ESRD Network (Network 7), under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy nor imply endorsement by the U.S. Government. FL-ESRD-7A1008-04272016-01

To file a grievance about your dialysis facility, contact Network 7 at

1.800.826.3773



The Florida ESRD Network

HSAG: The Florida ESRD Network (Network 7)
3000 Bayport Drive, Suite 300
Tampa, FL 33607
Toll-free: 800.826.3773
www.hsag.com

This material was prepared by HSAG: The Florida ESRD Network (Network 7), under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy nor imply endorsement by the U.S. Government. FL-ESRD-7A1008-04272016-01

HEMOGLOBIN (HGB)

What does it measure? The amount of hemoglobin in your red blood cells

What is hemoglobin? A protein, carried by red blood cells, which transports oxygen through the body

How often is it measured? At least every month—usually more

Why is it important? When your hemoglobin level is normal your body is getting the oxygen it needs. If your hemoglobin level is lower than normal, it means you have a low red blood cell count or anemia. When this happens, less oxygen is sent to your body's cells.

Target Range: 10–12 g/dl for adults on dialysis

HEMOGLOBIN (HGB)

What does it measure? The amount of hemoglobin in your red blood cells

What is hemoglobin? A protein, carried by red blood cells, which transports oxygen through the body

How often is it measured? At least every month—usually more

Why is it important? When your hemoglobin level is normal your body is getting the oxygen it needs. If your hemoglobin level is lower than normal, it means you have a low red blood cell count or anemia. When this happens, less oxygen is sent to your body's cells.

Target Range: 10–12 g/dl for adults on dialysis

HEMOGLOBIN (HGB)

What does it measure? The amount of hemoglobin in your red blood cells

What is hemoglobin? A protein, carried by red blood cells, which transports oxygen through the body

How often is it measured? At least every month—usually more

Why is it important? When your hemoglobin level is normal your body is getting the oxygen it needs. If your hemoglobin level is lower than normal, it means you have a low red blood cell count or anemia. When this happens, less oxygen is sent to your body's cells.

Target Range: 10–12 g/dl for adults on dialysis

HEMOGLOBIN (HGB)

What does it measure? The amount of hemoglobin in your red blood cells

What is hemoglobin? A protein, carried by red blood cells, which transports oxygen through the body

How often is it measured? At least every month—usually more

Why is it important? When your hemoglobin level is normal your body is getting the oxygen it needs. If your hemoglobin level is lower than normal, it means you have a low red blood cell count or anemia. When this happens, less oxygen is sent to your body's cells.

Target Range: 10–12 g/dl for adults on dialysis

HEMOGLOBIN (HGB)

Why is anemia common for people on dialysis? Healthy kidneys release a hormone that tells your bone marrow to make red blood cells. When your kidneys are not functioning properly, they no longer release this hormone causing your red blood cell count to drop and anemia to develop.

Things you can do to control anemia:

- Come for dialysis so you don't miss any of your medications
- Take your renal vitamin every day
- Take or receive iron as prescribed
- Tell your dialysis team if you are having any bleeding issues

HEMOGLOBIN (HGB)

Why is anemia common for people on dialysis? Healthy kidneys release a hormone that tells your bone marrow to make red blood cells. When your kidneys are not functioning properly, they no longer release this hormone causing your red blood cell count to drop and anemia to develop.

Things you can do to control anemia:

- Come for dialysis so you don't miss any of your medications
- Take your renal vitamin every day
- Take or receive iron as prescribed
- Tell your dialysis team if you are having any bleeding issues

HEMOGLOBIN (HGB)

Why is anemia common for people on dialysis? Healthy kidneys release a hormone that tells your bone marrow to make red blood cells. When your kidneys are not functioning properly, they no longer release this hormone causing your red blood cell count to drop and anemia to develop.

Things you can do to control anemia:

- Come for dialysis so you don't miss any of your medications
- Take your renal vitamin every day
- Take or receive iron as prescribed
- Tell your dialysis team if you are having any bleeding issues

HEMOGLOBIN (HGB)

Why is anemia common for people on dialysis? Healthy kidneys release a hormone that tells your bone marrow to make red blood cells. When your kidneys are not functioning properly, they no longer release this hormone causing your red blood cell count to drop and anemia to develop.

Things you can do to control anemia:

- Come for dialysis so you don't miss any of your medications
- Take your renal vitamin every day
- Take or receive iron as prescribed
- Tell your dialysis team if you are having any bleeding issues

HEMATOCRIT (HCT)

What does it measure? The percent of your blood that is made up of red blood cells

What are red blood cells? Red blood cells are made in your bone marrow and contain hemoglobin, which carries oxygen to your body's tissues

How often is it measured? Monthly

Why is it important? Red blood cells are important because they take oxygen throughout your body. The higher the percentage of healthy red blood cells, the more oxygen your body has to use. A single drop of blood contains millions of red blood cells which are constantly traveling through your body delivering oxygen and removing waste.

Target Range: For adults on dialysis, between 30–36% of your blood should be red blood cells

HEMATOCRIT (HCT)

What does it measure? The percent of your blood that is made up of red blood cells

What are red blood cells? Red blood cells are made in your bone marrow and contain hemoglobin, which carries oxygen to your body's tissues

How often is it measured? Monthly

Why is it important? Red blood cells are important because they take oxygen throughout your body. The higher the percentage of healthy red blood cells, the more oxygen your body has to use. A single drop of blood contains millions of red blood cells which are constantly traveling through your body delivering oxygen and removing waste.

Target Range: For adults on dialysis, between 30–36% of your blood should be red blood cells

HEMATOCRIT (HCT)

What does it measure? The percent of your blood that is made up of red blood cells

What are red blood cells? Red blood cells are made in your bone marrow and contain hemoglobin, which carries oxygen to your body's tissues

How often is it measured? Monthly

Why is it important? Red blood cells are important because they take oxygen throughout your body. The higher the percentage of healthy red blood cells, the more oxygen your body has to use. A single drop of blood contains millions of red blood cells which are constantly traveling through your body delivering oxygen and removing waste.

Target Range: For adults on dialysis, between 30–36% of your blood should be red blood cells

HEMATOCRIT (HCT)

What does it measure? The percent of your blood that is made up of red blood cells

What are red blood cells? Red blood cells are made in your bone marrow and contain hemoglobin, which carries oxygen to your body's tissues

How often is it measured? Monthly

Why is it important? Red blood cells are important because they take oxygen throughout your body. The higher the percentage of healthy red blood cells, the more oxygen your body has to use. A single drop of blood contains millions of red blood cells which are constantly traveling through your body delivering oxygen and removing waste.

Target Range: For adults on dialysis, between 30–36% of your blood should be red blood cells

HEMATOCRIT (HCT)

Is hemoglobin more important than hematocrit? No, but hemoglobin is checked more often for people on dialysis. Why? Because the hematocrit level can change based on how much water is in your blood, while hemoglobin remains stable.

Things you can do to impact hematocrit:

- Attend all of your dialysis treatments so you don't miss any of your medications
- Take your renal vitamin every day
- Take or receive iron as prescribed
- Tell your dialysis team if you are having any bleeding issues

HEMATOCRIT (HCT)

Is hemoglobin more important than hematocrit? No, but hemoglobin is checked more often for people on dialysis. Why? Because the hematocrit level can change based on how much water is in your blood, while hemoglobin remains stable.

Things you can do to impact hematocrit:

- Attend all of your dialysis treatments so you don't miss any of your medications
- Take your renal vitamin every day
- Take or receive iron as prescribed
- Tell your dialysis team if you are having any bleeding issues

HEMATOCRIT (HCT)

Is hemoglobin more important than hematocrit? No, but hemoglobin is checked more often for people on dialysis. Why? Because the hematocrit level can change based on how much water is in your blood, while hemoglobin remains stable.

Things you can do to impact hematocrit:

- Attend all of your dialysis treatments so you don't miss any of your medications
- Take your renal vitamin every day
- Take or receive iron as prescribed
- Tell your dialysis team if you are having any bleeding issues

HEMATOCRIT (HCT)

Is hemoglobin more important than hematocrit? No, but hemoglobin is checked more often for people on dialysis. Why? Because the hematocrit level can change based on how much water is in your blood, while hemoglobin remains stable.

Things you can do to impact hematocrit:

- Attend all of your dialysis treatments so you don't miss any of your medications
- Take your renal vitamin every day
- Take or receive iron as prescribed
- Tell your dialysis team if you are having any bleeding issues

KT/V

What does it measure? How well your dialysis treatments are removing urea (waste products) from your blood

What is Kt/V?

K = dialyzer clearance, the rate at which blood passes through the dialyzer

t = time of the dialysis treatment

V = the volume of fluid in your body

How often is it measured? Monthly; it may be checked again if too low

What's the difference between Kt/V and URR? Both tests indicate how well you're being dialyzed but Kt/V is considered more accurate because it takes into account your weight, treatment time, blood flow, and the amount of fluid removed during your dialysis session.

Target Range: At least 1.2 for hemodialysis and 2.0 for peritoneal dialysis patients

KT/V

What does it measure? How well your dialysis treatments are removing urea (waste products) from your blood

What is Kt/V?

K = dialyzer clearance, the rate at which blood passes through the dialyzer

t = time of the dialysis treatment

V = the volume of fluid in your body

How often is it measured? Monthly; it may be checked again if too low

What's the difference between Kt/V and URR? Both tests indicate how well you're being dialyzed but Kt/V is considered more accurate because it takes into account your weight, treatment time, blood flow, and the amount of fluid removed during your dialysis session.

Target Range: At least 1.2 for hemodialysis and 2.0 for peritoneal dialysis patients

KT/V

What does it measure? How well your dialysis treatments are removing urea (waste products) from your blood

What is Kt/V?

K = dialyzer clearance, the rate at which blood passes through the dialyzer

t = time of the dialysis treatment

V = the volume of fluid in your body

How often is it measured? Monthly; it may be checked again if too low

What's the difference between Kt/V and URR? Both tests indicate how well you're being dialyzed but Kt/V is considered more accurate because it takes into account your weight, treatment time, blood flow, and the amount of fluid removed during your dialysis session.

Target Range: At least 1.2 for hemodialysis and 2.0 for peritoneal dialysis patients

KT/V

What does it measure? How well your dialysis treatments are removing urea (waste products) from your blood

What is Kt/V?

K = dialyzer clearance, the rate at which blood passes through the dialyzer

t = time of the dialysis treatment

V = the volume of fluid in your body

How often is it measured? Monthly; it may be checked again if too low

What's the difference between Kt/V and URR? Both tests indicate how well you're being dialyzed but Kt/V is considered more accurate because it takes into account your weight, treatment time, blood flow, and the amount of fluid removed during your dialysis session.

Target Range: At least 1.2 for hemodialysis and 2.0 for peritoneal dialysis patients

KT/V

Why is it important? Your Kt/V result shows how well your dialysis treatment is removing wastes from your body. If dialysis is not removing enough wastes from your body, waste products can build up causing nausea, vomiting, light-headedness, weight loss, poor appetite, itching, night cramps, and difficulty sleeping.

Things you can do to improve Kt/V:

- Know your Kt/V result and discuss with your dialysis team
- Do not skip or cut your dialysis treatment short
- If you have a catheter consider getting an AV fistula
- Ask for an increase in your treatment time and/or blood flow rate

KT/V

Why is it important? Your Kt/V result shows how well your dialysis treatment is removing wastes from your body. If dialysis is not removing enough wastes from your body, waste products can build up causing nausea, vomiting, light-headedness, weight loss, poor appetite, itching, night cramps, and difficulty sleeping.

Things you can do to improve Kt/V:

- Know your Kt/V result and discuss with your dialysis team
- Do not skip or cut your dialysis treatment short
- If you have a catheter consider getting an AV fistula
- Ask for an increase in your treatment time and/or blood flow rate

KT/V

Why is it important? Your Kt/V result shows how well your dialysis treatment is removing wastes from your body. If dialysis is not removing enough wastes from your body, waste products can build up causing nausea, vomiting, light-headedness, weight loss, poor appetite, itching, night cramps, and difficulty sleeping.

Things you can do to improve Kt/V:

- Know your Kt/V result and discuss with your dialysis team
- Do not skip or cut your dialysis treatment short
- If you have a catheter consider getting an AV fistula
- Ask for an increase in your treatment time and/or blood flow rate

KT/V

Why is it important? Your Kt/V result shows how well your dialysis treatment is removing wastes from your body. If dialysis is not removing enough wastes from your body, waste products can build up causing nausea, vomiting, light-headedness, weight loss, poor appetite, itching, night cramps, and difficulty sleeping.

Things you can do to improve Kt/V:

- Know your Kt/V result and discuss with your dialysis team
- Do not skip or cut your dialysis treatment short
- If you have a catheter consider getting an AV fistula
- Ask for an increase in your treatment time and/or blood flow rate

UREA REDUCTION RATIO (URR)

What does it measure? The amount of urea (waste products) in your blood at the beginning and end of your dialysis treatment. Two blood samples are drawn at the start of your dialysis treatment and again at the end. The amount of waste products at the start of your treatment is compared with the amount of waste products at the end of your treatment and expressed as a percentage.

What is URR? A test that measures the **adequacy** of your dialysis treatment, or how well your dialysis treatment removes urea (waste products) from your blood

How often is it measured? Monthly; it may be checked again if too low

Target range: 65% or higher

UREA REDUCTION RATIO (URR)

What does it measure? The amount of urea (waste products) in your blood at the beginning and end of your dialysis treatment. Two blood samples are drawn at the start of your dialysis treatment and again at the end. The amount of waste products at the start of your treatment is compared with the amount of waste products at the end of your treatment and expressed as a percentage.

What is URR? A test that measures the **adequacy** of your dialysis treatment, or how well your dialysis treatment removes urea (waste products) from your blood

How often is it measured? Monthly; it may be checked again if too low

Target range: 65% or higher

UREA REDUCTION RATIO (URR)

What does it measure? The amount of urea (waste products) in your blood at the beginning and end of your dialysis treatment. Two blood samples are drawn at the start of your dialysis treatment and again at the end. The amount of waste products at the start of your treatment is compared with the amount of waste products at the end of your treatment and expressed as a percentage.

What is URR? A test that measures the **adequacy** of your dialysis treatment, or how well your dialysis treatment removes urea (waste products) from your blood

How often is it measured? Monthly; it may be checked again if too low

Target range: 65% or higher

UREA REDUCTION RATIO (URR)

What does it measure? The amount of urea (waste products) in your blood at the beginning and end of your dialysis treatment. Two blood samples are drawn at the start of your dialysis treatment and again at the end. The amount of waste products at the start of your treatment is compared with the amount of waste products at the end of your treatment and expressed as a percentage.

What is URR? A test that measures the **adequacy** of your dialysis treatment, or how well your dialysis treatment removes urea (waste products) from your blood

How often is it measured? Monthly; it may be checked again if too low

Target range: 65% or higher

UREA REDUCTION RATIO (URR)

Why is it important? Your URR result shows how well your dialysis treatment is removing wastes from your body. If dialysis is not removing enough wastes, waste products can build up in your body causing nausea, vomiting, light-headedness, weight loss, poor appetite, itching, night cramps, and difficulty sleeping.

Things you can do to improve URR:

- Discuss your URR results with your dialysis team
- Do not skip or cut your dialysis treatments short
- If you have a catheter, consider getting an AV fistula
- Increase your treatment time and/or blood flow

UREA REDUCTION RATIO (URR)

Why is it important? Your URR result shows how well your dialysis treatment is removing wastes from your body. If dialysis is not removing enough wastes, waste products can build up in your body causing nausea, vomiting, light-headedness, weight loss, poor appetite, itching, night cramps, and difficulty sleeping.

Things you can do to improve URR:

- Discuss your URR results with your dialysis team
- Do not skip or cut your dialysis treatments short
- If you have a catheter, consider getting an AV fistula
- Increase your treatment time and/or blood flow

UREA REDUCTION RATIO (URR)

Why is it important? Your URR result shows how well your dialysis treatment is removing wastes from your body. If dialysis is not removing enough wastes, waste products can build up in your body causing nausea, vomiting, light-headedness, weight loss, poor appetite, itching, night cramps, and difficulty sleeping.

Things you can do to improve URR:

- Discuss your URR results with your dialysis team
- Do not skip or cut your dialysis treatments short
- If you have a catheter, consider getting an AV fistula
- Increase your treatment time and/or blood flow

UREA REDUCTION RATIO (URR)

Why is it important? Your URR result shows how well your dialysis treatment is removing wastes from your body. If dialysis is not removing enough wastes, waste products can build up in your body causing nausea, vomiting, light-headedness, weight loss, poor appetite, itching, night cramps, and difficulty sleeping.

Things you can do to improve URR:

- Discuss your URR results with your dialysis team
- Do not skip or cut your dialysis treatments short
- If you have a catheter, consider getting an AV fistula
- Increase your treatment time and/or blood flow

ALBUMIN

What does it measure? The amount of albumin in the fluid part of your blood

What is albumin? Albumin is the most common protein found in the blood and measures your overall nutrition.

How often is it measured? Monthly

Why is it important? Albumin provides the body with the protein it needs to fight off infections, heal wounds, provide energy and help keep a balance among body fluids. During dialysis, the albumin in your blood also helps with fluid removal. It helps “pull” extra fluid from swollen tissues back into the blood, where it can then be removed by the dialyzer.

Target range: ≥ 4.0 g/dl (optimal level is 4.0g/dl or above)

ALBUMIN

What does it measure? The amount of albumin in the fluid part of your blood

What is albumin? Albumin is the most common protein found in the blood and measures your overall nutrition.

How often is it measured? Monthly

Why is it important? Albumin provides the body with the protein it needs to fight off infections, heal wounds, provide energy and help keep a balance among body fluids. During dialysis, the albumin in your blood also helps with fluid removal. It helps “pull” extra fluid from swollen tissues back into the blood, where it can then be removed by the dialyzer.

Target range: ≥ 4.0 g/dl (optimal level is 4.0g/dl or above)

ALBUMIN

What does it measure? The amount of albumin in the fluid part of your blood

What is albumin? Albumin is the most common protein found in the blood and measures your overall nutrition.

How often is it measured? Monthly

Why is it important? Albumin provides the body with the protein it needs to fight off infections, heal wounds, provide energy and help keep a balance among body fluids. During dialysis, the albumin in your blood also helps with fluid removal. It helps “pull” extra fluid from swollen tissues back into the blood, where it can then be removed by the dialyzer.

Target range: ≥ 4.0 g/dl (optimal level is 4.0g/dl or above)

ALBUMIN

What does it measure? The amount of albumin in the fluid part of your blood

What is albumin? Albumin is the most common protein found in the blood and measures your overall nutrition.

How often is it measured? Monthly

Why is it important? Albumin provides the body with the protein it needs to fight off infections, heal wounds, provide energy and help keep a balance among body fluids. During dialysis, the albumin in your blood also helps with fluid removal. It helps “pull” extra fluid from swollen tissues back into the blood, where it can then be removed by the dialyzer.

Target range: ≥ 4.0 g/dl (optimal level is 4.0g/dl or above)

ALBUMIN

What foods are high in protein? Beef, pork, fish, chicken, and eggs contain the best sources of high-quality protein.

Things you can do to improve albumin:

- Meet with your dietician to discuss your protein needs
- Know what foods are good sources of protein and eat the amount prescribed
- Notify your dialysis team of any concerns about infection
- Keep track of your albumin level

ALBUMIN

What foods are high in protein? Beef, pork, fish, chicken, and eggs contain the best sources of high-quality protein.

Things you can do to improve albumin:

- Meet with your dietician to discuss your protein needs
- Know what foods are good sources of protein and eat the amount prescribed
- Notify your dialysis team of any concerns about infection
- Keep track of your albumin level

ALBUMIN

What foods are high in protein? Beef, pork, fish, chicken, and eggs contain the best sources of high-quality protein.

Things you can do to improve albumin:

- Meet with your dietician to discuss your protein needs
- Know what foods are good sources of protein and eat the amount prescribed
- Notify your dialysis team of any concerns about infection
- Keep track of your albumin level

ALBUMIN

What foods are high in protein? Beef, pork, fish, chicken, and eggs contain the best sources of high-quality protein.

Things you can do to improve albumin:

- Meet with your dietician to discuss your protein needs
- Know what foods are good sources of protein and eat the amount prescribed
- Notify your dialysis team of any concerns about infection
- Keep track of your albumin level

CALCIUM

What does it measure? The calcium in your body that is not stored in bones

What is calcium? Calcium is a mineral that you need for muscle action and healthy bones. Approximately 99% of calcium in the body is stored in bones and teeth. The remaining 1% is found in blood and soft tissues.

How often is it measured? At least once a month.

Why is it important? The body needs calcium to build and fix bones and teeth, help nerves work, make muscles squeeze together, help blood clot, and help the heart to work.

Target Range: 8.4 to 9.5 mg/dl for adults on dialysis

CALCIUM

What does it measure? The calcium in your body that is not stored in bones

What is calcium? Calcium is a mineral that you need for muscle action and healthy bones. Approximately 99% of calcium in the body is stored in bones and teeth. The remaining 1% is found in blood and soft tissues.

How often is it measured? At least once a month.

Why is it important? The body needs calcium to build and fix bones and teeth, help nerves work, make muscles squeeze together, help blood clot, and help the heart to work.

Target Range: 8.4 to 9.5 mg/dl for adults on dialysis

CALCIUM

What does it measure? The calcium in your body that is not stored in bones

What is calcium? Calcium is a mineral that you need for muscle action and healthy bones. Approximately 99% of calcium in the body is stored in bones and teeth. The remaining 1% is found in blood and soft tissues.

How often is it measured? At least once a month.

Why is it important? The body needs calcium to build and fix bones and teeth, help nerves work, make muscles squeeze together, help blood clot, and help the heart to work.

Target Range: 8.4 to 9.5 mg/dl for adults on dialysis

CALCIUM

What does it measure? The calcium in your body that is not stored in bones

What is calcium? Calcium is a mineral that you need for muscle action and healthy bones. Approximately 99% of calcium in the body is stored in bones and teeth. The remaining 1% is found in blood and soft tissues.

How often is it measured? At least once a month.

Why is it important? The body needs calcium to build and fix bones and teeth, help nerves work, make muscles squeeze together, help blood clot, and help the heart to work.

Target Range: 8.4 to 9.5 mg/dl for adults on dialysis

CALCIUM

Why should I be concerned about calcium? Calcium and phosphorus levels in the blood depend upon each other. When the kidneys fail and the phosphorus level in blood goes up, the calcium level in blood can go down. Over time, bones will become brittle and may easily fracture. A high calcium level can cause storage of calcium in your heart, joints, and blood vessels.

Things you can do to affect calcium:

- Know your calcium and phosphorus levels
- Follow your prescribed diet
- Take medications and/or supplements as prescribed

CALCIUM

Why should I be concerned about calcium? Calcium and phosphorus levels in the blood depend upon each other. When the kidneys fail and the phosphorus level in blood goes up, the calcium level in blood can go down. Over time, bones will become brittle and may easily fracture. A high calcium level can cause storage of calcium in your heart, joints, and blood vessels.

Things you can do to affect calcium:

- Know your calcium and phosphorus levels
- Follow your prescribed diet
- Take medications and/or supplements as prescribed

CALCIUM

Why should I be concerned about calcium? Calcium and phosphorus levels in the blood depend upon each other. When the kidneys fail and the phosphorus level in blood goes up, the calcium level in blood can go down. Over time, bones will become brittle and may easily fracture. A high calcium level can cause storage of calcium in your heart, joints, and blood vessels.

Things you can do to affect calcium:

- Know your calcium and phosphorus levels
- Follow your prescribed diet
- Take medications and/or supplements as prescribed

CALCIUM

Why should I be concerned about calcium? Calcium and phosphorus levels in the blood depend upon each other. When the kidneys fail and the phosphorus level in blood goes up, the calcium level in blood can go down. Over time, bones will become brittle and may easily fracture. A high calcium level can cause storage of calcium in your heart, joints, and blood vessels.

Things you can do to affect calcium:

- Know your calcium and phosphorus levels
- Follow your prescribed diet
- Take medications and/or supplements as prescribed

PHOSPHORUS

What does it measure? The amount of phosphate in your blood

What is phosphorus? A mineral that works with calcium to keep bones strong and healthy.

Why is it important? Your body needs phosphorus to build and repair bones and teeth, help nerves function, and make muscles contract.

How often is it measured? At least once a month

Where is phosphorus found? Phosphorus is found in meat, poultry, fish, nuts, beans, dairy products, and cola drinks. Phosphorus is also added to many processed foods.

Target range: 3.5 to 5.0 mg/dl for adults on dialysis

PHOSPHORUS

What does it measure? The amount of phosphate in your blood

What is phosphorus? A mineral that works with calcium to keep bones strong and healthy.

Why is it important? Your body needs phosphorus to build and repair bones and teeth, help nerves function, and make muscles contract.

How often is it measured? At least once a month

Where is phosphorus found? Phosphorus is found in meat, poultry, fish, nuts, beans, dairy products, and cola drinks. Phosphorus is also added to many processed foods.

Target range: 3.5 to 5.0 mg/dl for adults on dialysis

PHOSPHORUS

What does it measure? The amount of phosphate in your blood

What is phosphorus? A mineral that works with calcium to keep bones strong and healthy.

Why is it important? Your body needs phosphorus to build and repair bones and teeth, help nerves function, and make muscles contract.

How often is it measured? At least once a month

Where is phosphorus found? Phosphorus is found in meat, poultry, fish, nuts, beans, dairy products, and cola drinks. Phosphorus is also added to many processed foods.

Target range: 3.5 to 5.0 mg/dl for adults on dialysis

PHOSPHORUS

What does it measure? The amount of phosphate in your blood

What is phosphorus? A mineral that works with calcium to keep bones strong and healthy.

Why is it important? Your body needs phosphorus to build and repair bones and teeth, help nerves function, and make muscles contract.

How often is it measured? At least once a month

Where is phosphorus found? Phosphorus is found in meat, poultry, fish, nuts, beans, dairy products, and cola drinks. Phosphorus is also added to many processed foods.

Target range: 3.5 to 5.0 mg/dl for adults on dialysis

PHOSPHORUS

Why do people on dialysis have to limit phosphorus? Dialysis only removes a small amount of phosphorus from the blood. If your kidneys are not working well, phosphorus can build up in your blood. Too much phosphorus in your blood causes your body to pull calcium from your bones making them thin, weak, and more likely to break. It can also cause your skin to itch all over.

Things you can do to control your phosphorus:

- Meet with your dietician to discuss how much phosphorus you can eat
- Be aware of foods high in phosphorus
- Take your medication, including binders as prescribed
- Take your binders with food
- Do not skip or cut treatments short

PHOSPHORUS

Why do people on dialysis have to limit phosphorus? Dialysis only removes a small amount of phosphorus from the blood. If your kidneys are not working well, phosphorus can build up in your blood. Too much phosphorus in your blood causes your body to pull calcium from your bones making them thin, weak, and more likely to break. It can also cause your skin to itch all over.

Things you can do to control your phosphorus:

- Meet with your dietician to discuss how much phosphorus you can eat
- Be aware of foods high in phosphorus
- Take your medication, including binders as prescribed
- Take your binders with food
- Do not skip or cut treatments short

PHOSPHORUS

Why do people on dialysis have to limit phosphorus? Dialysis only removes a small amount of phosphorus from the blood. If your kidneys are not working well, phosphorus can build up in your blood. Too much phosphorus in your blood causes your body to pull calcium from your bones making them thin, weak, and more likely to break. It can also cause your skin to itch all over.

Things you can do to control your phosphorus:

- Meet with your dietician to discuss how much phosphorus you can eat
- Be aware of foods high in phosphorus
- Take your medication, including binders as prescribed
- Take your binders with food
- Do not skip or cut treatments short

PHOSPHORUS

Why do people on dialysis have to limit phosphorus? Dialysis only removes a small amount of phosphorus from the blood. If your kidneys are not working well, phosphorus can build up in your blood. Too much phosphorus in your blood causes your body to pull calcium from your bones making them thin, weak, and more likely to break. It can also cause your skin to itch all over.

Things you can do to control your phosphorus:

- Meet with your dietician to discuss how much phosphorus you can eat
- Be aware of foods high in phosphorus
- Take your medication, including binders as prescribed
- Take your binders with food
- Do not skip or cut treatments short

POTASSIUM (K)

What does it measure? The amount of potassium in your blood

What is potassium? Potassium is a mineral that controls nerve and muscle function.

How often is it measured? Monthly, at least, more often if too high or too low

Why is it important? Potassium allows your muscles to move, your nerves to fire, and your kidneys to filter blood. The right balance of potassium keeps your heartbeat regular.

What are sources of potassium? Potassium is found mainly in fruits, vegetables, and dairy products. Bananas, oranges, and beans are very high in potassium.

Target range: Less than 6 mEq/L for adults on dialysis (optimal is 3.5 to 5 mEq/L)

POTASSIUM (K)

What does it measure? The amount of potassium in your blood

What is potassium? Potassium is a mineral that controls nerve and muscle function.

How often is it measured? Monthly, at least, more often if too high or too low

Why is it important? Potassium allows your muscles to move, your nerves to fire, and your kidneys to filter blood. The right balance of potassium keeps your heartbeat regular.

What are sources of potassium? Potassium is found mainly in fruits, vegetables, and dairy products. Bananas, oranges, and beans are very high in potassium.

Target range: Less than 6 mEq/L for adults on dialysis (optimal is 3.5 to 5 mEq/L)

POTASSIUM (K)

What does it measure? The amount of potassium in your blood

What is potassium? Potassium is a mineral that controls nerve and muscle function.

How often is it measured? Monthly, at least, more often if too high or too low

Why is it important? Potassium allows your muscles to move, your nerves to fire, and your kidneys to filter blood. The right balance of potassium keeps your heartbeat regular.

What are sources of potassium? Potassium is found mainly in fruits, vegetables, and dairy products. Bananas, oranges, and beans are very high in potassium.

Target range: Less than 6 mEq/L for adults on dialysis (optimal is 3.5 to 5 mEq/L)

POTASSIUM (K)

What does it measure? The amount of potassium in your blood

What is potassium? Potassium is a mineral that controls nerve and muscle function.

How often is it measured? Monthly, at least, more often if too high or too low

Why is it important? Potassium allows your muscles to move, your nerves to fire, and your kidneys to filter blood. The right balance of potassium keeps your heartbeat regular.

What are sources of potassium? Potassium is found mainly in fruits, vegetables, and dairy products. Bananas, oranges, and beans are very high in potassium.

Target range: Less than 6 mEq/L for adults on dialysis (optimal is 3.5 to 5 mEq/L)

POTASSIUM (K)

Why do people on dialysis have to limit their potassium? If your kidneys are not working well, excess potassium can build up in your blood. Potassium rich foods are limited because potassium builds up between dialysis treatments and can cause problems such as weakness, muscle cramps, and irregular heartbeat which can lead to a heart attack.

Things you can do to control potassium:

- Meet with your dietician to discuss your potassium level and what you can eat
- Know what foods are high in potassium
- Do not skip or cut your dialysis treatments short

POTASSIUM (K)

Why do people on dialysis have to limit their potassium? If your kidneys are not working well, excess potassium can build up in your blood. Potassium rich foods are limited because potassium builds up between dialysis treatments and can cause problems such as weakness, muscle cramps, and irregular heartbeat which can lead to a heart attack.

Things you can do to control potassium:

- Meet with your dietician to discuss your potassium level and what you can eat
- Know what foods are high in potassium
- Do not skip or cut your dialysis treatments short

POTASSIUM (K)

Why do people on dialysis have to limit their potassium? If your kidneys are not working well, excess potassium can build up in your blood. Potassium rich foods are limited because potassium builds up between dialysis treatments and can cause problems such as weakness, muscle cramps, and irregular heartbeat which can lead to a heart attack.

Things you can do to control potassium:

- Meet with your dietician to discuss your potassium level and what you can eat
- Know what foods are high in potassium
- Do not skip or cut your dialysis treatments short

POTASSIUM (K)

Why do people on dialysis have to limit their potassium? If your kidneys are not working well, excess potassium can build up in your blood. Potassium rich foods are limited because potassium builds up between dialysis treatments and can cause problems such as weakness, muscle cramps, and irregular heartbeat which can lead to a heart attack.

Things you can do to control potassium:

- Meet with your dietician to discuss your potassium level and what you can eat
- Know what foods are high in potassium
- Do not skip or cut your dialysis treatments short