



# The Importance of a Potassium Plan

## What you do not know can hurt you.

### What is potassium?

Potassium is a mineral found in food that controls **muscle function**, like your **heartbeat**.

### Why is it important?

Everyone needs some potassium to live. Individuals with kidney disease need to limit their potassium intake from foods and drinks so that it does not build up too high in the blood.

### Why do people on dialysis have to limit their potassium?

If your kidneys are not working well, your body cannot remove excess potassium without dialysis. Dialysis helps remove and balance your potassium levels. Missing or shortening your dialysis treatments increases your risk of cardiac arrhythmia or even death. Eating the wrong foods, like oranges, can also lead to toxic levels of potassium in your body. Symptoms of high potassium can include cardiac arrhythmia, muscle weakness, chest pain, diarrhea and more. Talk to your dietician every month when you get your lab report to discuss your potassium levels.

### My Potassium Plan

Partner with your renal dietician to make a potassium plan:

My dietician is: \_\_\_\_\_.

My monthly potassium lab is drawn every: \_\_\_\_\_.

My last potassium level was: \_\_\_\_\_ on \_\_\_\_\_.

My potassium goal is: \_\_\_\_\_.

My potassium binder is: \_\_\_\_\_ and I take it \_\_\_\_\_.



My Food Frequency List			
Favorite Low-Potassium Foods	Frequency (ex. ½ cup per day)	Favorite High-Potassium Foods	Frequency (ex. ½ cup twice a week)

\*National Kidney Foundation. Potassium. February 1, 2023. Available at: <https://www.kidney.org/kidney-topics/potassium>. Accessed on: December 3, 2024.