

## WHAT IS HIGH PHOSPHORUS?

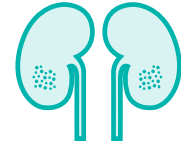
### Hyperphosphatemia (HI-per-FOZ-fa-TEE-mee-uh)



Hyperphosphatemia happens when your phosphorus levels are too high. If you're on dialysis, a target range is often between 3.5-5.5 mg/dL



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 IT IMPORTANT TO MANAGE?



It can lead to an imbalance of calcium and phosphorus levels in your body



Too much phosphorus can be harmful to your bones



Too much phosphorus can also lead to heart disease

## HOW IS HIGH PHOSPHORUS MANAGED?



Along with a low-phosphorus diet and dialysis, your doctor may prescribe a phosphate binder



Phosphate binders attach to phosphorus in the foods you eat and reduce the amount of phosphorus absorbed by your body



Dialysis is a treatment that keeps your body in balance by removing waste, salt, and extra water. It is needed when you develop end-stage renal failure and your kidneys can't filter your blood properly

## 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. <https://www.kidney.org/atoz/content/phosphorus>. Accessed May 1, 2020.

National Kidney Foundation. Dialysis. <https://www.kidney.org/atoz/content/dialysisinfo>. Accessed May 1, 2020.

American Kidney Fund. High phosphorus (hyperphosphatemia). <https://www.kidneyfund.org/kidney-disease/chronic-kidney-disease-ckd/complications/high-phosphorus/>. Accessed May 1, 2020.

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.