

RENAL NUTRITION SERVICES

Why is nutrition important?

Following a healthy, well-balanced diet can help keep your kidneys healthy. As your kidney disease progresses a special kidney-friendly diet is needed. A special diet is needed if you:

- Have moderate to advanced stages of kidney disease (e.g. kidney function below 30)
- Are planning for dialysis or a kidney transplant
- Are on dialysis
- Have had a kidney transplant
- Are choosing not to have dialysis

Following the right healthy eating plan can help:

- Keep you feeling well
- Slow the progression of your kidney disease
- Delay the need for dialysis
- Have a healthy start to dialysis
- Reduce symptoms such as taste changes, poor appetite and constipation
- Manage your fluid levels
- Control your phosphate and potassium
- Treat other health conditions e.g. high blood pressure, diabetes and high cholesterol

What will happen at your appointment with the dietitian?

Eating well for your kidneys can be confusing. Your diet needs change depending on your kidney function and what treatment you choose to have. We will work with you and your kidney doctor to develop a healthy eating plan that suits you and your situation. Some common areas of your diet we may discuss with you are:

- Protein
- Potassium
- Phosphorus
- Salt
- Fluid
- General healthy eating, such as dietary fibre

We will ask you questions about what you eat, your lifestyle and other medical conditions. Sometimes it is helpful to write down what you eat for the day or two before your appointment to help you remember. We will provide you with an individualised healthy eating plan and practical tips.

Common Questions

How much will it cost?

Nothing, it is a free service provided by St George Hospital

How long will the appointment take?

The first appointment is 60 minutes, and follow up appointments are 30 minutes.

You can choose to have an appointment:

- In clinic
- On a video call
- On the telephone

Where possible, we will make an appointment at the same time as your kidney doctor or nurse.

Do I need a referral?

You will automatically be referred to us if you attend the following services:

- Pre-dialysis Education Clinic
- Acute Post Transplant Clinic
- Renal Supportive Care Clinic
- Haemodialysis Centre
- Peritoneal Dialysis Centre

Your doctor will refer you to see a dietitian if you need a special diet. If you would like to see one of our dietitians, please ask your kidney doctor for a referral.