

Practical guide to control your blood phosphate levels (Trial 7-2015)

What is Phosphate?

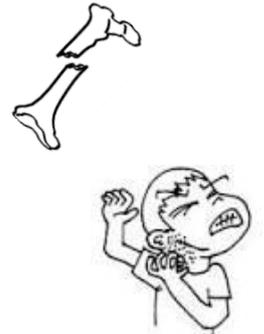
Phosphate is an important mineral found in most foods and is needed by your body for many functions. Phosphate works with calcium to keep your bones strong, however when your kidneys are not working properly, phosphate can build up in your blood and cause some health problems.

What happens if my blood phosphate level is high?

The ideal blood phosphate level is 0.8 – 1.5 mmol/L.

A high blood phosphate level can lead to the following problems:-

1. Calcium loss from your bones. This will make your bones weak and more likely to break, a condition known as Osteodystrophy
2. Itchiness.
3. Calcium deposits in your soft body tissues causing nerve damage, as well as hardening of blood vessels, lungs and heart muscle.



How to keep my blood phosphate level at a good level?

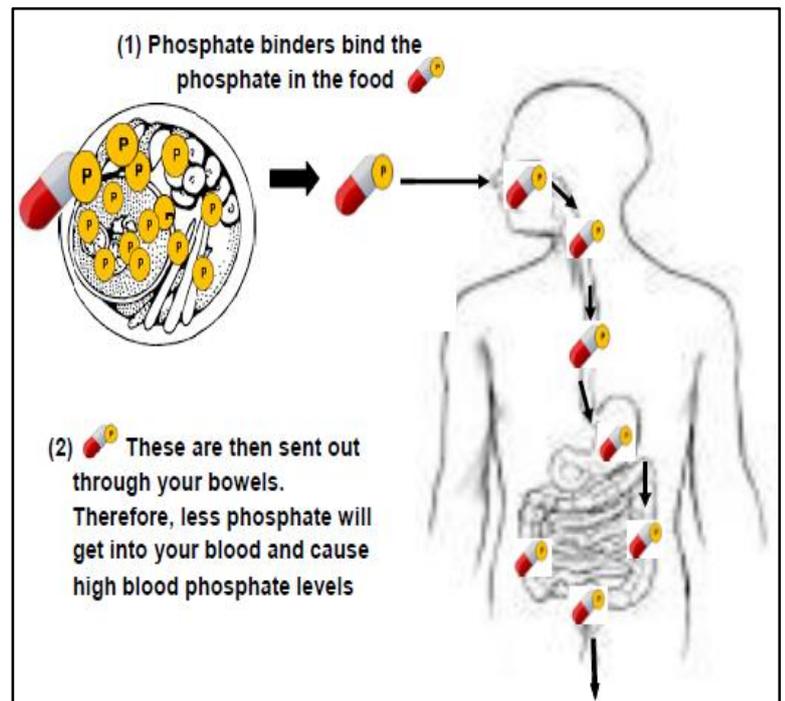
Remember 3 Ds:

1. **Diet:** eat the right type and amount of foods that contain phosphate (refer to the diet plan given by your dietitian).
2. **Dialysis** (if you require dialysis treatment): regular dialysis removes excess phosphate from the blood.
3. **Drug/medication:** take a medicine called “phosphate binder” together with food and snacks.

The common phosphate binders are:

- Caltrate/Calsup/Titalac/Cal 600 (Calcium)
- Renagel/Sevelame
- Fosrenol/Lanthanum
- Alu-Tab/Aluminium
- Gastrogel/Mylanta (Magnesium Combinations)

NOT taking phosphate binder with food and snacks at the same time ***does not*** remove phosphate. For example, if you eat a meal in a restaurant and take the binder afterward when you get home, this would not remove any phosphate from the food eaten before.



Your doctor will advise you the dose and timing for taking the “phosphate binder”

How to get the right amount of phosphate in your diet

Phosphate is found:

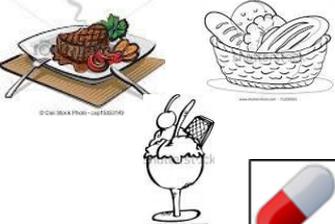
- naturally in food especially protein foods e.g. meat, chicken, poultry, fish, seafood, dairy products (e.g. milk and cheese), nuts, dried beans and legumes.
- as additives used during processing, e.g. luncheon meat, ham, salami & sausages; foods high in baking powder or self-raising flour e.g. cake, biscuits, pikelets, scones and muffins.

Remember:

- Eat the right type and amount of foods to keep blood phosphate within normal levels whilst maintaining good body protein (refer to the diet plan given by your dietitian).
- Cook your food from fresh and limit processed and take-away foods to reduce the phosphate in your diet.
- Take the prescribed phosphate binders with food, drinks and snacks.
- Avoid these foods:

Organ meats and foods with high phosphate content	Liver, brains, kidneys, tripe, anchovies, sardines, rabbits
Meat extracts	Promite, marmite, stock cubes & bonox
Processed, packaged and convenience foods	Processed meat e.g. luncheon meat, ham, brawn, devon, salami, chicken loaf, liverwurst, sausages, frankfurts etc. Pate, meat & fish paste, cheese spread Packet & canned soups, casserole mixes, instant pasta sauce mixes, sour cream
Beverages:	Cola drinks, stout
Others	Chocolate and chocolate drinks (e.g. milo & cocoa), enriched milk drinks

Timing of taking phosphate binders with meals and snacks, example (or as advised by your doctor):

Breakfast  	Lunch  	Dinner  
Morning tea*  	Afternoon tea*  	Supper*  No binders, as fruit is low in phosphate 

*Remark:

- (1) If you can eat well over the 3 main meals, you don't need to have the mid-meals snacks, so that you don't need to take extra binders; OR eat low phosphate foods only
- (2) If you are on hospital dialysis, bring your prescribed phosphate binders to dialysis and take them when you eat. This includes morning/afternoon tea (biscuits), lunch/dinner (sandwiches and desserts) sent from the hospital, or with food brought in from home. DON'T wait until you go home and then take the binders.

Remember to take your phosphate binders with foods and snacks & Check with your dietitian for your individual dietary needs