Renal Nutrition Services

As part of the medical management for your kidney condition, you need to see a dietitian for a special diet because of one of the following conditions:

1) Moderate to advance stages of kidney disease, including those who are:
   - planning for future dialysis
   - not planning for dialysis (conservative management)
2) You are on dialysis: haemodialysis and peritoneal dialysis
3) You have had a kidney transplant
4) Others: early stages of kidney disease, blood pressure management and kidney stones etc.

The goals for nutrition treatment are to:

1) Slow down the progression of kidney disease
2) Control imbalances and complications e.g. high blood pressure, high blood potassium, high blood phosphate, high level of blood fat, excess fluid build-up and high blood sugar (if you have diabetes) etc.
3) Achieve good nutritional status; prevent malnutrition, undesirable weight loss and muscle wasting.
4) Control symptoms e.g. nausea, taste changes etc.

Based on your kidney function and treatment, your dietitian will work with you for:

1) Assessment of your nutritional status including food intake
2) Counselling and education regarding nutrition and your kidney condition
3) Your personalised nutrition care plan: diet prescription and meal plan (why, what and how much to eat including practical tips)
4) Ongoing monitoring and support
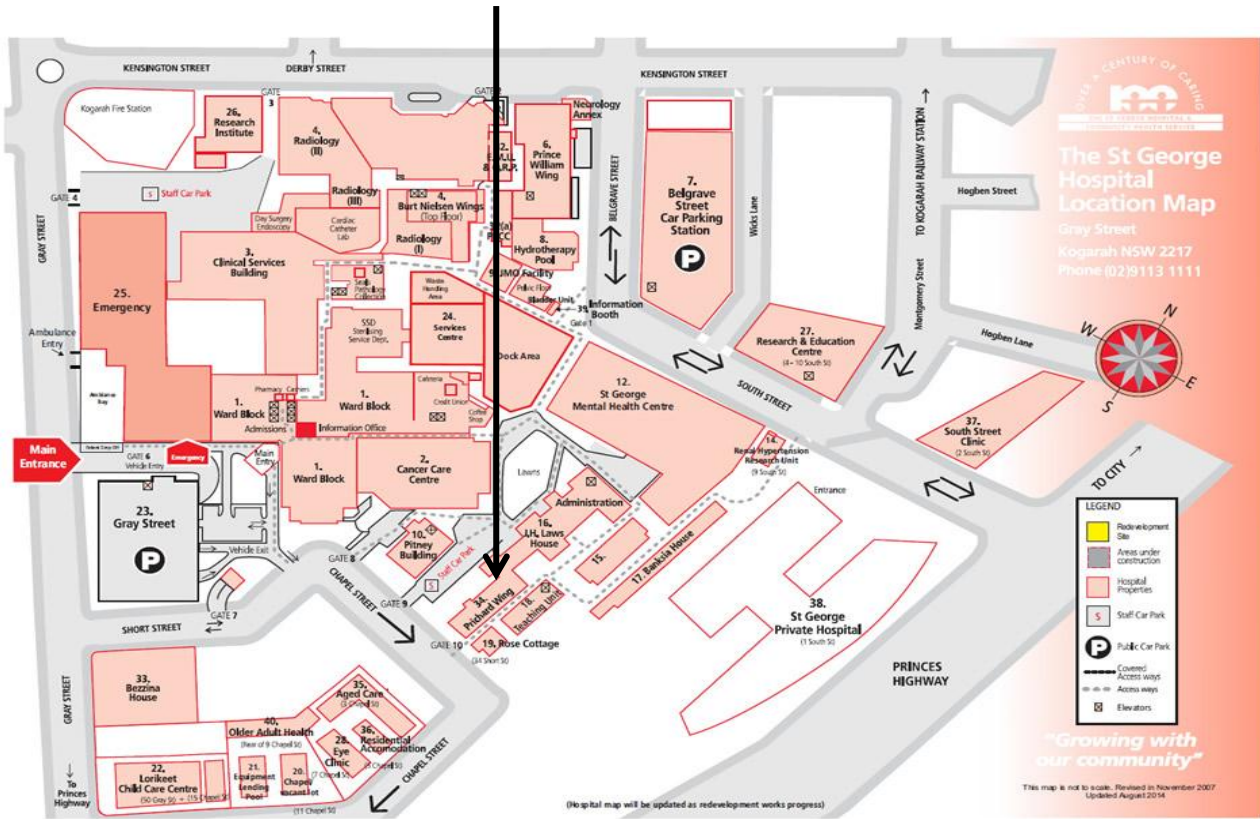
Referral to see the renal dietitian:

1) Automatic referral will occur if you:
   - attend the pre-dialysis assessment clinic
   - are on dialysis
   - have had a kidney transplant
2) Other conditions - doctor's referral is required

To contact your renal dietitian:

Department of Nutrition & Dietetics	**Department of Nutrition & Dietetics**
The St George Hospital	The Sutherland Hospital
2nd Floor Pritchard Wing	Allied Health Department
Kogarah NSW 2217	Caringbah NSW 2229
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