



Handbook for Dialysis Patients



HKSH Renal Dialysis Centre

Haemodialysis

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End-stage renal disease (ESRD) is a chronic long-term disease where patients must undergo ongoing dialysis treatments to maintain limited kidney function. Regular dialysis treatments can replace the functions of healthy kidneys, from filtering blood, removing waste from the body, balancing electrolytes, regulating fluid levels, to relieving symptoms caused by kidney failure.

HKSH Renal Dialysis Centre

Established in 1983, the HKSH Renal Dialysis Centre (the Centre) specialises in haemodialysis and peritoneal dialysis treatments for patients with ESRD. With the latest treatment equipment, the Centre is run by a healthcare specialty team in strict compliance with proven procedures for dialysis treatment. A well-coordinated team of Nephrologists and Renal Nurses is committed to offering comprehensive, high-quality dialysis and supporting services for patients, aiming to enhance treatment effectiveness and improve the quality of life.

Frequent haemodialysis treatments inevitably pose many difficulties and challenges to both patients and their families. We hope that this booklet can give you and your family some basic guidelines to adapt to the changes brought about by dialysis treatments, solve the problems you may need to face, and improve the quality of life.



Haemodialysis

What is Haemodialysis?

Haemodialysis is a method of treatment for ESRD patients. During haemodialysis, one's blood flows from the body via a vascular access into a machine with a special filter. The special filter, i.e. haemodialyser, functions as an artificial kidney to remove body wastes and excessive body fluids. The clean blood is then returned to the body via the vascular access.

Due to impaired kidney function, patients with ESRD cannot effectively eliminate waste and excess water from the body. They need to undergo haemodialysis two to three times a week, with each session lasting about four to five hours.

Patients can make themselves comfortable with quiet activities during haemodialysis, such as watching TV, reading, listening to music, or taking a nap.

Advantages of Haemodialysis

At the Centre, haemodialysis patients are attended by trained professionals all the time. With dosage and mode of dialysis prescribed by your nephrologists, certified Renal Nurses will closely monitor each patient and the equipment, as well as oversee and manage the dialysis process throughout.

Supported by caring personnel, the Centre also adheres to the strictest sanitary requirements and quality assurance protocols to ensure the highest safety and comfort for haemodialysis patients.

Prepare for Haemodialysis

Before haemodialysis, patients must first undergo a procedure to get a vascular access. There are three types of vascular access: arteriovenous fistulas, artificial arteriovenous grafts, and venous catheters. Except for venous catheters, both arteriovenous fistulas and artificial arteriovenous grafts require several weeks to heal and develop before a permanent vascular access is ready for haemodialysis. The Centre provides patients with comprehensive training on how haemodialysis works, as well as how to protect the vascular access and prevent complications.



Home Care

Monitor Your Blood Pressure

Your blood pressure may vary during the week, as it is closely associated with the water content in your body. Therefore, you should make it a habit to measure blood pressure and keep a clear record at regular intervals every morning, afternoon, and evening. On the day of haemodialysis or during follow-up visits, you should bring along the records for review by your doctor, who can then assess and accurately adjust the dosage of blood pressure medication.

You should consult your doctor about your blood pressure medication on the day of dialysis. Some patients may need to withhold their blood pressure tablets on the day of dialysis to avoid excessive decrease in blood pressure during dialysis.

Control Weight Gain

Patients must monitor their weight daily and keep it stable. Excessive weight gain may lead to shortness of breath, coughing, and even difficulty lying down while performing dialysis.

Oedema may also occur, and typically affect the ankles, face, and eyelids. Pay attention to your food and water intake, as fluids include all liquid foods, such as congee, soup, and beverages. While it is normal when the weight increases slightly between haemodialysis sessions, it should not exceed 0.7kg or 1.5lb/day.

Avoid Dry Skin

Patients with renal diseases often have dry and itchy skin. It is recommended to apply moisturiser to the skin frequently every day. You should avoid bathing with hot water, as it can wash away the skin's natural protective oils. Choose bath products with moisturising ingredients, and apply body oil after bathing. Select breathable and soft fabrics for your clothing.

Fistula Care

If you have undergone surgery to establish an arteriovenous fistula or have been implanted with an artificial arteriovenous catheter, please take note of the following:

- Do not measure blood pressure on the arm with the fistula
- Do not draw blood or administer intravenous injections on the arm with the fistula
- Do not wear tight watches, jewelry, or clothing on the arm with the fistula
- Perform simple exercises daily (except on the day of haemodialysis), i.e. move the arm with the fistula to maintain proper blood flow
- Monitor the pulse of the fistula. If you notice reduced or absent blood flow, please inform our Centre immediately
- Keep the arm with the fistula clean

Catheter Care

If you have had a catheter inserted for haemodialysis, with the catheter tube exposed on the skin surface, please take note of the following:

- Do not touch the catheter dressing. Keep it dry and intact
- Do not take baths. A shower is recommended
- No swimming
- Wear light and comfortable clothing, preferably front-buttoned tops for easy access during haemodialysis
- Do not secure the catheter to your clothing with safety pins

In case of the following emergencies:

- If the protective dressing on the catheter falls off, please notify the Centre immediately
- If the catheter stitches get loose and the catheter begins to displace, secure the catheter with tape. Do not attempt to reinsert it into the puncture site
- If the catheter has fully come out, stay calm. Do not lie down; sit upright. Use a clean gauze to apply pressure to the wound for at least 20 minutes or until the bleeding stops. Cover the wound with an adhesive bandage and notify the Centre immediately
- If you have fever, feel any tenderness or soreness around the catheter site, or notice any signs of dressing leakage, please notify the Centre immediately

Things to Note after Haemodialysis

- It is normal for patients to feel tired after dialysis. Take rest after returning home
- Some patients may experience loss of appetite, nausea, or vomiting after dialysis, which improves with time. If discomfort persists, please contact your doctor or notify the Centre

Work and Travelling

Generally, patients can continue to work while on dialysis. The Centre is pleased to arrange treatment sessions that fit your work schedule and needs. However, patients may need to make adjustment to their jobs and work environment according to their abilities. Please consult your doctor for advice.

Patients can also travel abroad for sightseeing. Before travelling, you should first find out if there are well-established haemodialysis centres at your destinations. You can travel as long as arrangements are made in advance. For details, please consult your doctor or the Centre.

Once you get used to the haemodialysis treatment routine, you are encouraged to enjoy life with appropriate exercises, different hobbies and social activities according to your conditions.



Diet and Nutrition

For patients with renal diseases, effectively monitoring and diet management is crucial. This involves maintaining a balance of specific nutrients and minerals to ensure optimal body functions without overburdening the kidneys. Here is a basic guide:

1. **Calories:** Maintain a daily caloric intake to achieve desirable body weight, and to provide energy and nutrients for daily functions. While most females need around 1,500 to 2,100 kcal and males need around 1,800 to 2,400 kcal daily, your actual needs may change depending on your medical and nutritional status.
2. **Proteins:** Proteins are essential for body maintenance and repair. However, for renal patients, it is crucial to balance protein intake as it also produces urea, a waste product that your kidneys need to filter out. Patients with kidney diseases should opt for high-quality proteins such as eggs, dairy products, soy beans, tofu, meat, poultry, and fish, but often in controlled amounts.
3. **Potassium:** Potassium is important for many of the body functions. Patients with kidney diseases may have high blood potassium (hyperkalaemia) or low potassium (hypokalaemia) in the blood. Both conditions are dangerous to your health, so it should be regularly checked. See P.8 for dietary tips and food sources to help you control blood potassium level.
4. **Sodium:** Sodium is a mineral commonly found in savory and processed foods. Patient with kidney problems may have trouble removing sodium, and it will cause sodium and fluid buildup in the body. This can cause swollen ankles, puffiness, a rise in blood pressure, shortness of breath, and/or fluid around your heart and lungs.

5. Phosphorus: While phosphorus is needed for healthy bones, your kidneys may have trouble removing phosphorus and it may lead to high blood phosphorus. High blood phosphorus can pull calcium from bones, and together with high blood calcium can be detrimental to your body. While dialysis can remove some phosphorus from blood, limiting consumption of high-phosphorus foods such as dairy products, internal organs, nuts, and legumes can help prevent too much buildup in between treatments. See P.17 for dietary tips and food sources to help you control the blood phosphorus level.

6. Starfruit: Patients with kidney diseases should avoid consuming starfruit and starfruit juice, as the neurotoxin substance in starfruit may affect the nervous system, causing symptoms such as persistent hiccups, nausea, vomiting, agitation, mental confusion and convulsions.

This booklet provides a general dietary guide for renal patients. As nutritional needs can vary between patients at different stages, please consult our dietitians to create a personalised plan and monitor your ongoing needs.

PROTEIN

Protein is essential to the growth and repair of body tissues, enzyme and hormone production as well as a healthy immune system. However, patients with kidney diseases need to manage protein intake as waste products such as urea are also produced and need to be filtered out by the kidneys.

How much should be my protein intake?

The amount varies with one's health, especially your kidney function. Generally, if your kidneys are not functioning well, you may need to limit your protein intake to prevent the buildup of waste products in your body. Always consult your doctor or dietitian about your protein level and dietary needs.

High-quality Proteins

Patients with kidney diseases should look for high-quality proteins in their diet. High-quality proteins are also called High Biological Value - HBV proteins, and they contain all the essential amino acids that meet our body needs, and are also easier for our body to use. However, they should often be consumed in controlled amounts. Your dietitian can help you determine the right amount of high-quality protein to include in your diet.



High Biological Value (HBV) Proteins	Low Biological Value (LBV) Proteins
Eggs	Cereals
Dairy Products	Nuts and Seeds
Soybeans	Vegetables
Tofu	Legumes
Meat	Whole grains
Poultry	
Fish	



Tips for Managing Protein Intake

- Balance your protein intake throughout the day. Instead of consuming most of your protein in one meal, try to distribute it evenly across your meals
- Choose lean cuts of meat, poultry, and fish. Trim off any visible fats
- Consider plant-based sources of protein such as soybeans and tofu. They are lower in saturated fats and can be a healthy addition to your diet
- Always consult your dietitian before making any major changes to your diet

POTASSIUM

Potassium is a mineral essential for maintaining the normal functions of cells and muscles, water balance and heart rhythm. Patients with renal problems may end up with high blood potassium, leading to rapid heart rate, even death in severe cases. Therefore, it is important for patients with high blood potassium to restrict potassium in their diet. Major food sources of potassium are vegetables, fruits, roots, beans, nuts and whole grains. The table below lists out some commonly consumed foods with various potassium contents.

Potassium Foods List

Please discuss food choices with your dietitian.

Potassium (K) content per 100g food		
	Low to Medium Potassium (200mg or below)	High to Very High Potassium (Over 201mg)
Vegetables	Hairy gourd	Butternut squash
	Mung bean sprout	Straw mushroom
	Loofah	Leek
	Winter melon	Cauliflower
	Chayote	Chinese spinach
	Yam Bean	Asparagus
	Calabash	Red/Green pepper
	Zucchini	Ginger
	Cucumber	Garlic shoots
	Indian lettuce	Celery
	Bitter gourd	Watercress
	Bamboo shoot	Green radish



Potassium (K) content per 100g food		
	Low to Medium Potassium (200mg or below)	High to Very High Potassium (Over 201mg)
Vegetables	Chinese cabbage	Lotus roots
	Chinese Kale	Mustard
	Scallion	Coriander
	Carrot	Dried mushroom
	Collard	Dried lily flower
	Snow peas	Water spinach
	Red/Green bell pepper	Sweet potato
	Green Chinese cabbage	Potato
	Eggplant	Garlic
	Snap peas	Water chestnut
	Onion	Brussel sprouts
	Cabbage	Spinach
	Leek sprouts	Mushroom
	Lettuce	Dried black moss
	Peas	Burdock
	Tientsin cabbage	Taro
	Chinese wolfberry (Goji)	Garland chrysanthemum
	Pea sprout	Enoki mushrooms
	Broccoli	Arrowhead
	Tomato	Lily
	Green cowpeas	Cloud ear, wood fungus, snow fungus
	White cowpeas	Kelp
	Choy sum (Flowering Chinese cabbage)	Seaweed
	Corn	

Potassium (K) content per 100g food		
	Low to Medium Potassium (200mg or below)	High to Very High Potassium (Over 201mg)
Fruits	Asian pear, 1 pc, small	Grapefruit, 1/2 pc
	Kamquat, 2 pc	Cherry, 8 pc
	Mangosteen 1 pc, small	Passion fruit, 1 pc, small
	Apple, 1 pc, small	Nectarine, 1 pc, small
	Longans, 8 pc, small	Fig, 2 pc
	Rose apple, 1 pc, small	Kiwi, 2 pc
	Plum, 1 pc	Apricot, 1 cup
	Watermelon with skin, 1/2 lb	Wampee, 10 pc
	Dried apricot, 1 pc	Guava, 1/2 pc
	Sugar cane, 1 roll (5" long)	Banana, 1/2 pc
	Lemon, 1 pc, small	Mango, 1 pc, medium
	Canned fruits, 1/2 cup (without syrup)	Jujube fruit, 1 pc, small
	Sapodilla, 1 pc, small	Honey date, 3 pc
	Peach, 1 pc, small	Avocado, 1/4 pc
	Grapes, 10 pc, small	Plantain banana, 1/2 pc
	Pineapple, 1/2 bowl	Jackfruit, 2/3 bowl
	Pomelo, 2 slices	Black currant, 1/2 cup
	Orange, 1 pc, small	Durian, 1/2 pc
	Pi Pa, 2 pc	Raisins, 1 tbsp
	Bayberry, 4 pc	Prunes, 1/2 cup



Potassium (K) content per 100g food		
	Low to Medium Potassium (200mg or below)	High to Very High Potassium (Over 201mg)
Fruits	Tangerine, 1 pc, small	
	Strawberry, 8 pc, small	
	Honeydew melon, 1/4 lb	
	Blueberry, 1/2 cup	
	Persimmon, 1 pc, large	
	Fragrant Pear, 1 pc, small	
	Pear, 1 pc, small	
	Lychee, 5 pc	
	Rambutan, 5 pc	
	Cantaloupe, 1/2 bowl	
	Papaya, 1/2 pc, small	
	Dragon fruit, 1/4 pc	
	Musk melon, 1/2 bowl	
	Coconut, 1 pc	
Grains	Plain rice, rice vermicelli, flat rice noodles, egg noodles, macaroni, pasta, bread, saltine crackers, scone and breakfast cereals, e.g. Corn Flakes and Rice Krispies	Wheat products: wheat bread, oatmeal, wheat biscuit, wheat bran, brown rice, red rice, buckwheat noodles



Potassium (K) content per 100g food		
	Low to Medium Potassium (200mg or below)	High to Very High Potassium (Over 201mg)
Meat	Fresh meat, e.g. pork, beef, game, fish 1 pc whole egg = 1 tael meat (Do not consume more than 2 egg yolks a week)	Pork jerky, beef jerky, pork floss, etc.
Milk and milk products	Whole milk or skimmed milk (Not more than one glass per day. Consult dietitian for specific amount)	Condensed milk, evaporated milk, chocolate milk, Horlicks, Ovaltine
Beans and bean products		Soya beans and bean products: Bean curd, dried tofu, vegetable protein (mock meat), soy bean sheet, soya milk, bean curd buff and dried bean curd sheet, etc. Dried beans: Soy beans, red beans, mung beans, black eyed beans, broad beans, black beans, rice bean, etc. Nuts: Peanuts, almonds, walnuts, cashews, melon seeds, chestnuts, lotus seeds and their products, etc.



Potassium (K) content per 100g food		
	Low to Medium Potassium (200mg or below)	High to Very High Potassium (Over 201mg)
Soup and beverages	Weak tea, boiled soup with lean meat and low-potassium vegetables, soft drinks and honey	All kinds of vegetable soup, canned soup, bean soup and Chinese medicine soup, coffee beans / powder, coffee mate, strong tea, Bovril, essence of chicken, Marmite, watercress with honey, vegetable juice, e.g. carrot juice
Seasonings	Small amount of ginger, salt, sugar, spring onion, garlic, rice vinegar, white wine, pepper, corn syrup, honey and dried citrus peel	Brown sugar, malt sugar, maple syrup, soy sauce with table salt substitute, table salt substitute, curry powder, thick broad bean sauce, salted black beans, ketchup, tomato paste



How much should be my potassium intake?

The amount varies with one's health, especially your kidney function. Generally, if your potassium level is high (above 4.8 mmol/L), you should limit intake of high potassium foods. If your potassium level is very high (above 6.0 mmol/L), you should consume only fruits and vegetables from the low potassium column. Always consult your doctor or dietitian about your blood potassium level and dietary needs.

Eating Tips to Lower Blood Potassium

- Maintain a balanced diet, with three meals plus one to two snacks per day
- Choose low- to medium-potassium foods for your diet if your potassium is high
- Avoid Chinese medicine and double-boiled soup. When making Chinese broth, choose lean meats and low potassium vegetables
- Choose pure chicken broth
- Avoid strong tea; consume water or weak tea instead
- Beware of low-sodium salts or seasonings, as they may contain potassium as an alternative

Leaching Vegetables

Potassium is soluble in water. Some of it can be removed from vegetables by soaking in water, i.e. leaching. You can reduce potassium content in high-potassium vegetables by following the steps below:

For potatoes, sweet potatoes, carrots, beets and lotus roots:

1. Peel and slice vegetables 1/8 inch thick.
2. Soak for a minimum of two hours in warm water. Use ten times the amount of water to the amount of vegetables. If soaking for longer, change water every four hours.
3. Cook with five times the amount of water to the amount of vegetables.

For frozen greens, e.g. squash, mushrooms and cauliflower:

1. Thaw and drain frozen vegetables at room temperature.
2. Rinse vegetables in warm water for a few seconds.
3. Soak for a minimum of two hours in warm water. Use ten times the amount of water to the amount of vegetables. If soaking for longer, change water every four hours.
4. Cook the usual way, but with five times the amount of water to the amount of vegetables.

SODIUM

Sodium is a mineral commonly found in daily diets, most often in the form of salt (sodium chloride) or other seasonings such as soy sauce. While your body needs small amounts of sodium, too much of it can cause water retention, hypertension and may hurt your kidneys. Natural foods such as milk, fish, and vegetables contain limited amounts of sodium. Excessive salt often comes from processed foods, dining out and food additives. Therefore, it is important to read food labels carefully to manage sodium intake.

How much should be my sodium intake?

You are advised to limit sodium consumption to less than 2,300mg per day (1 teaspoon of salt) or 2.5 tablespoons of soy sauce.

If your sodium level is high, further reduce your consumption to 1,500 mg per day.

Always consult your doctor or dietitian about your blood potassium level and dietary needs.

Sodium in Common Condiments

Condiment	Sodium per Tablespoon
Salt	6,900mg (2,300mg per teaspoon)
Soy Sauce	879mg
Oyster Sauce	492mg
Tomato Sauce	154mg
Seafood Sauce	1,425mg
Mustard	168mg
Teriyaki Sauce	690mg



Tips to Reduce Sodium Intake

- Replace salt with herbs, spices, garlic, pepper, Sichuan pepper, anise, or other salt-free seasonings
- Beware of hidden salt/sodium in bouillon cubes, chicken powder, meat tenderizers, marinades, soy sauce, and steak sauces
- Taste your food before adding salt, and use the salt shaker sparingly
- Try more low-salt/sodium foods. Eating more fruits and vegetables can help reduce sodium intake and provide extra health benefits
- Eat fresh or frozen vegetables (without sauces) more often. Canned vegetables are typically higher in salt and sodium. Look for canned foods with no salt added
- Before eating canned food, drain and rinse with water to reduce salt/sodium content
- Avoid eating preserved foods, ready-to-eat foods, and reduce eating out
- Try unsalted snacks, such as unsalted nuts and seeds

High-sodium Foods	Examples
Preserved Food	All kinds of preserved/pickled vegetables, salted and preserved eggs, preserved fish, dried fruit: salty lemon, salty citrus, plum, orange peel
Processed/Convenient Food	Bacon, sausage, ham, deli, cured meat, brine food, dried meat, meat floss, dried fish and dried scallops, cheese, canned food: luncheon meat, sardines, instant noodles, instant microwavable food, snacks, salted nuts, salted biscuits, cheese rings, potato chips, shrimp strips, ready-to-eat laver
Drinks and Others	Spaghetti sauce and salad dressing, canned soup, packaged soup, chicken essence, bouillon, sauces, sports and energy drinks



Sodium in Hong Kong Nutrition Labels

Nutrition Claim	Sodium Content Per Serving	Sodium Content Per 100g/ml
Sodium-free/Salt-free	<5mg	≤5mg
Very Low Sodium	<35mg	≤40mg
Low Sodium	<140mg	≤120mg

PHOSPHORUS

Phosphorus is a mineral that is important for building and maintaining strong bones and teeth, and for nerve signaling. However, patients with kidney diseases may have trouble removing excess phosphorus, leading to high levels in the blood. High blood phosphorus can lead to calcium loss from bones, potentially causing bone damage and other health with symptoms such as bone pain, muscle fatigue, joint pain, and itchy skin. Therefore, it is crucial for patients with kidney impairment and high blood phosphate levels to limit their dietary phosphate intake.

Tips to Lower Phosphorus in Diet

- Limit consumption of high-phosphorus foods such as dairy products and organ meat
- Soybean-based products, beans, and nuts should also be consumed in moderation because they too contain a considerable amount of phosphorus
- Monitor intake of foods with inorganic phosphorus, such as fast foods, convenience foods, soda, and packaged goods
- Check food labels for phosphorus-containing additives, i.e. words with “phos”
- Avoid snacks and processed foods that are high in phosphorus, such as crackers, cakes, chocolate, and soft drinks with phosphoric acid

Phosphorus: Organic vs Inorganic

Phosphorus in food exists in two forms: organic and inorganic. Organic phosphorus is naturally found in foods such as meat, poultry, fish, nuts, beans, and dairy products. About 40 to 60% of the phosphorus in these foods is absorbed by the body.

Inorganic phosphorus is added to foods for preservation, flavour and colour. It is often found in fast foods, convenience foods, soda, and packaged foods. Inorganic phosphorus is absorbed by the body more readily, i.e. about 90 to 100%.

For patients with kidney diseases, it is important to limit intake of types of phosphorus. Pay special attention to foods with inorganic phosphorus, which is more readily absorbed and can quickly lead to high phosphorus levels in blood. Check for phosphorus-containing additives by reading food labels.

Beware of those phosphorus-containing additives with the word “phos”, such as:

Food Additive	E-Number
Dicalcium Phosphate	E341
Disodium Diphosphate	E450
Monopotassium Phosphate	E340
Sodium Polyphosphate	E452
Trisodium Phosphate	E339

Common high-phosphorus packaged foods include:

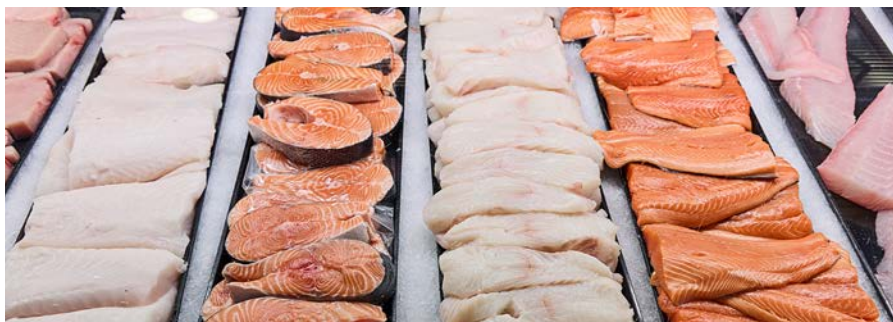
- Dairy products such as cheese, yogurt, cheese sauces
- Nuts and seeds, especially pumpkins and sunflower seeds
- Legumes including lentils, chickpeas, and baked beans
- Processed snacks such as crackers, biscuits and cakes that use baking powder or other phosphorus-containing additives
- Chocolate and other cocoa-based snacks
- Soft drinks that contain phosphoric acid such as Coca-Cola, Pepsi, Dr. Pepper, Root Beers

Phosphorus Content in Various Foods

Phosphorus content per 100g food (mg)			
Food	Low Phosphorus (100 or below)	Medium Phosphorus (101 to 200)	High Phosphorus (201 or above)
Milk products	Milk (100ml)	-	-
Egg	Egg white	Egg	Egg yolk, pigeon's egg
Beans	Soya milk (100ml) and vegetarian protein	-	Black soy beans, bean curd sheet, sword beans, broad beans, mung bean, adzuki beans, soya beans and dried tofu
Meat	-	Pig's kidney, pig's heart, beef (lean), pork (lean), chicken	Pig's liver, pork floss, pork jerky, pork snacks, chicken's liver, sausage



Phosphorus content per 100g food (mg)			
Food	Low Phosphorus (100 or below)	Medium Phosphorus (101 to 200)	High Phosphorus (201 or above)
Fish	White pomfret fish, shrimp, tilapia, eel, clams, sea cucumber, salted jelly fish	Milk fish, shark fin, cuttlefish, ribbonfish, fish balls	Dried shrimp, squid, abalone, dried fish floss
Grains	Sweet potato, ground lotus root, French bread, noodles, potato, mung bean noodles, steamed bun	Plain rice, rice bran	Oat bran, multigrain rice, whole wheat, oatmeal, wheat flour, brown rice



Phosphorus content per 100g food (mg)			
Food	Low Phosphorus (100 or below)	Medium Phosphorus (101 to 200)	High Phosphorus (201 or above)
Vegetables	Carrot, broccoli, asparagus, spinach, bamboo shoots, onion, water spinach, Chinese cabbages, eggplant, pumpkin, cucumber, bitter gourd, collard	Dried lily flower, mushroom, green soybeans, lima beans, dried bamboo shoot	Seaweed
Fruits	Peach, longan, rose apple, lychee, grapes, honeydew melon, papaya, pear, persimmon, orange, pomelo, watermelon, guava	Raisins, black jujube	-
Fat and oil	Salad oil, pork fat, cream	-	Black sesame
Other	Sago, sweet glutinous rice cake, yakult, kanten, konjac jelly	Sauces, chocolate, ice cream	Yeast powder, cheese, peanuts, Chinesemelon seeds, coffee, pearl barley, almond

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2. 台灣地區食品營養成為資料庫，行政院衛生署，中華民國八十七年十一月
3. McCance & Widdowson's, The Composition of Foods 6th edition, Royal Society of Chemistry, 2002
4. USDA National Nutrient Database for Standard Reference(<http://www.nal.usda.gov/fnic/foodcomp/search/>)



Advice to Caregivers

We understand the stress you are under while caring for a family member with ESRD, including:

- A tight treatment schedule, i.e. hospital visits two to three times a week, each session lasting about three to four hours
- Stringent dietary requirements, i.e. low in sodium, potassium, and phosphorus with an appropriate amount of protein
- Difficult interactions with patients experiencing emotional fluctuations
- Being worried about not knowing how to properly respond to changes in the patient's conditions

While taking care of your family member, try not to overstress yourself. Take time to relax and get adequate rest. If you need any assistance, please contact the Centre. We are pleased to provide you with timely and appropriate support.



Special Arrangements for Inclement Weather

When a Tropical Cyclone Warning Signal No. 8 or above or a Black Rainstorm Warning are in effect, patients and their families can still visit the Centre for dialysis treatment if conditions allow. Inpatient services will remain unaffected.

If patients cannot attend treatment at the appointed time, please contact us immediately at 2835 8926 to make further arrangements.





For enquiries and appointments,
please contact us

HKSH Renal Dialysis Centre

 **Happy Valley**
Hong Kong Sanatorium & Hospital
16/F, Li Shu Pui Block
2 Village Road, Happy Valley, Hong Kong
 (852) 2835 8926  (852) 2892 7524
 rdc@hksh-hospital.com
 www.hksh-hospital.com

Service Hours

Monday to Saturday 7:00 am – 8:00 pm
Open on Public Holidays
Closed on Sundays

Consultation by Appointment



李樹芬醫學基金會
LI SHU FAN
MEDICAL
FOUNDATION

善和醫療集團成員 Members of HKSH MEDICAL GROUP

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