



Eating well on your haemodialysis days

It's important to eat enough protein

Research shows that some people don't eat enough on dialysis days. This is because you can often miss a main meal and have a very long period of time when you are away from home.

During your dialysis session your protein requirements increase and you lose protein in the fluid that is removed. You need to eat enough protein-containing foods to keep your muscles strong, and fight infection.

We recommend that you try to eat foods that contain protein during your dialysis session.

For example:

- Meat,
- Fish,
- Chicken, or
- Eggs.

Some patients cannot tolerate eating while on the dialysis machine. Your doctor, nurse or dietitian will advise you about this. If you cannot tolerate food during dialysis, they will arrange for you to have something to eat either before, or after your dialysis.

What should I eat during haemodialysis?

During haemodialysis we encourage you to have a nutritious sandwich to ensure you get enough protein that day.

We recommend that you should be offered a sandwich during dialysis that contains one of these:

- Turkey
- Chicken
- Tuna mayonnaise
- Beef
- Chicken and stuffing
- Egg mayonnaise



Bring your phosphate binders

When you come to dialysis, please remember to bring your phosphate binders with you to take with your sandwich.

Specific dietary needs

If you have specific dietary needs (for example if you need gluten-free bread), please discuss this with your dietitian.



Restrict fluids

You should restrict your fluid intake to one small cup of tea or water (150-200mls) per dialysis session. When you are on dialysis, all fluids that you drink, both at home and during dialysis need to be removed from your blood. If you drink too much during dialysis, it may not be possible to remove all the fluid from your blood during the treatment.



What about potassium?

Is it safe to eat high potassium snacks on dialysis, for example chocolate or crisps?

No, it is not safe.

This is because the potassium contained in the snack may not be removed from your blood during that particular dialysis session.

If you have any questions or queries, please ask your dietitian.