

Discharge Instructions for Hyperphosphatemia (Child)



Your child has been diagnosed with hyperphosphatemia. This means there is too much phosphorus in your child's blood. Phosphorus is needed by the body to grow bones and teeth. It also helps control energy metabolism. But too much can be harmful.

Diet changes

- Have your child drink 2 to 3 quarts of fluid every day.
- Keep track of how much fluid your child drinks.
- Don't give your child food or drink that contains phosphorus or phosphate additives. Look for words with the letters "phos" in them. Examples can include disodium phosphate or monosodium phosphate. Read food labels and the ingredients list. The amount of phosphorus may not be listed in the food label. Consult a dietitian or ask your child's healthcare provider for a list of foods that are safe for your child.
- Limit your child's intake of dairy foods to 1 to 2 small servings each day. These foods include milk, cheese, cottage cheese, yogurt, and ice cream.
- Limit your child's intake of meat, fish, poultry, eggs, and nuts.

Medicines

- Tell the healthcare provider about all medicines your child takes. This includes over-the-counter medicine, supplements, and herbs.
- Give your child all prescribed medicines as directed.
- If instructed, give your child phosphorus-binding antacids with meals. These stop the phosphorus in food from being absorbed.
- Don't give your child any medicine that contain phosphorus. These include laxatives, enemas, and supplements. Read labels. If you're not sure what is safe to give, ask the healthcare provider first.

Follow-up

- Make a follow-up appointment as advised by our staff.
- Keep all appointments. Your child's health will need to be watched closely, especially if they have kidney problems.

When to call your healthcare provider

Call the provider right away if your child has any of the following:

- Nausea or vomiting
- Diarrhea
- Constipation that lasts longer than 2 days
- Chest pain

- Trouble breathing

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