

Discharge Instructions for Hyperphosphatemia



You have been diagnosed with hyperphosphatemia. This means you have too much phosphorus in your blood. Phosphorus helps develop bones and teeth. It also helps control energy metabolism. Most cases of hyperphosphatemia are caused by other health problems, such as kidney disease.

While in the hospital, you may have been treated with medicines for hyperphosphatemia.

Diet changes

- Keep track of how much fluid you drink.
 - Fill a washed and rinsed gallon milk jug with water and keep it in your refrigerator.
 - Try to drink half of the water in the jug during the course of the day, unless your provider gives you other instructions.
- Limit your intake of milk, cheese, cottage cheese, yogurt, and ice cream.
- Limit your intake of meat, fish, poultry, eggs, beans, and nuts.
- Limit or don't have soft drinks.
- Don't have foods or beverages with added phosphorus or phosphates. Read ingredient labels for words containing "PHOS" like pyrophosphate. Talk with a dietitian as instructed by your healthcare provider for a list of foods that are safe for you.

Other home care

- Take all medicines exactly as directed.
- Take phosphorus-binding antacids with meals if prescribed by your healthcare provider. These antacids bind to the phosphorus in food. This prevents it from being absorbed.
- Don't take over-the-counter medicines that contain phosphorus. These include laxatives, enemas, and supplements. Read the labels before you buy these products.
- Keep all appointments for lab work and follow-up. Your healthcare provider needs to watch your condition closely.
- Resume your normal activities as directed by your healthcare provider.

Follow-up

Make a follow-up appointment as directed.

When to call your healthcare provider

Call your provider right away if you have any of the following:

- Nausea or vomiting
- Diarrhea that is not relieved by antidiarrheal medicine or by changing your diet
- Constipation that lasts longer than 2 days

- Chest pain
- Shortness of breath

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