



Talk to your healthcare team to see if eating during dialysis is right for you. It may not be right for everyone.

Tips

- Pack healthy snacks to bring with you.
- If you take phosphorus binders, bring them to your treatment to take with your food.
- Bring food in an insulated bag with a freezer pack to keep it cool and safe.
- Before you eat, wash your hands, and clean all surfaces that your food will touch.
- Sit upright when you eat. This will decrease your risk of choking.
- Eat small amounts. Choose foods that are easy to hold and eat.
- **If you have diabetes, you may need to eat during treatment to prevent low blood sugar.** Always have a fast acting sugar with you in case your blood sugar drops; (example: 2 to 4 pieces hard candy, 6 lifesavers, 7 gummy bear candies, 9 jelly beans, 2 packages rockets, 4 dextrosol tablets or 3 packages sugar with small amount of water).

Snack Ideas

- Fruits like berries, apples, pears, peaches or plums.
- Vegetables like pepper strips, carrot sticks or sliced cucumbers.
- Unsalted pretzels, popcorn.
- Unsalted crackers with hard cheese.
- Pitas or English muffins with cream cheese.
- Graham crackers, vanilla wafers, or Arrowroot cookies.
- Sandwiches like egg, chicken or tuna salad, peanut butter or roast chicken, omelet bites.
- Nutrition supplement drinks, protein bars or granola bars, yogurt parfait.

Reasons Not To Eat During Dialysis

For safety and comfort, do **NOT** eat during dialysis **IF** you:

- Have low blood pressure
- Are at risk for choking
- Have diarrhea
- Have a cough
- Feel sick to your stomach (nauseated and/or vomiting)
- Are feeling sleepy or drowsy
- Have a tracheostomy or breathing tube

Low Blood Pressure

When you eat, blood moves into your stomach to digest food. For some people, this can cause low blood pressure while you eat or after you eat.

If your blood pressure gets too low, your nurse may need to stop fluid removal until your blood pressure recovers. If your blood pressure remains low, your nurse may need to give you extra fluid. You may need to stop dialysis early. This could mean your treatment may not work as well.

If You Cannot Eat During Treatment, Try to:

- Eat a meal **BEFORE** you come to dialysis so you are not hungry.
- Bring a snack or meal to eat after your dialysis.

Note: If you need to limit your potassium, avoid eating high-potassium foods, like potato chips, during your treatment.

Potassium from foods eaten during treatment will not be removed from your blood as you dialyze. Instead, your blood potassium will go up after your treatment is over.

- For any nutrition questions, call your dialysis unit and ask to **talk to your renal dietitian about which foods are best for you.**

