

Getting the right balance in your diet can take a bit of planning and thought when you've got renal disease. Speak to your dietician who may have leaflets and diet advice for you. You may need to take additional renal vitamins, medicines or supplements to make sure you get the right nutrients to stay healthy. Your renal doctor will be able to help here too.

### **Taking multi-vitamins and supplements?**

It's really important that you only take vitamins (and indeed brands of vitamins) recommended by your doctor recommends. Some formulations may not be right for you e.g. vitamin A can cause problems in renal patients at the wrong level.

Also speak to your doctor or dietitian before you take additional supplements. Some supplements may work against your treatment so it's wise to check first.

### **Remember to eat!**

You do need to eat in order to stay healthy and give your body much needed nutrients and protein, carbohydrates and fats. Food will also give you energy to fight disease and infection. If you don't eat you will feel weak and find it hard to fight infection. Speak to your dietician for advice on supplements if your appetite is poor.

### **I'm always hungry, is it okay to eat a lot?**

If you're always hungry, speak with your doctor and dietitian. Your dietitian can adjust your eating schedule and perhaps increase the amount of food you can eat. However - overeating will cause you to gain weight which can cause unneeded complications.