

## **Global Dialysis - Nutrition on peritoneal dialysis**

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The peritoneal diet (PD) is slightly different diet to the hemodialysis diet because of the differences in the dialysis treatments.

Because PD is performed daily your body doesn't buildup as much potassium, sodium and fluid, so your diet is less restricting.

### **Protein**

You might need more protein because it's lost through the peritoneal membrane. Due to this protein loss, your dietitian will advise you to eat more protein to keep your body strong.

### **Potassium**

You are likely to have quite normal or low potassium levels and you may be encouraged to eat potassium-rich foods like tomatoes, orange juice and bananas if your blood test levels are too low.

### **Phosphorus**

You may need to restrict phosphorus because it's not cleared well through PD and can cause complications to your health, such as weak bones, heart problems, joint pain or skin ulcers.

### **Sodium and Fluid**

You aren't as restricted here as people on hemodialysis - but you need to work with your care team to keep levels within your set targets. Sodium makes you thirsty, which can lead to fluid intake above the recommended amount. This can cause swelling, shortness of breath and high blood pressure. Your PD treatments may be adjusted to help balance the right amount of sodium and fluid.

### **Calorie intake**

You will get some calories through the dextrose in the dialysis solution, so your dietitian may recommend you eat slightly fewer calories so that you do not gain excess weight.