



DIET ON PERITONEAL DIALYSIS

Dialysis and kidney failure can affect your nutrition. As a result, there are certain nutrients in foods which have to be avoided or added. Peritoneal Dialysis (PD) allows for more flexibility in your diet than hemodialysis. Your blood test results will guide you and your dietitian to establish a diet plan to keep you healthy.

Phosphorus is not removed well through PD and can build up causing bone and heart problems, and even itchy skin. You may need to restrict or limit eating foods that are high in phosphorus such as milk and milk products, dried beans, peas, lentils, organ meats, whole wheat, processed/instant/ready-to bake foods containing phosphorus additives, etc.

Sugar (also called glucose) in the PD dialysate can give you a few hundred extra calories each day. Because of this, some people on PD may gain weight. You can help prevent this by staying active and eating fewer sweets and starchy food such as baked goods, rice, corn or potatoes. The sugar content in the PD solution may also make it difficult to control your blood sugar levels if you have diabetes. It is important to stay in contact with your diabetes team to review your blood sugar control regularly when you are on PD.

Salt (also called Sodium Chloride) can cause you to retain fluid, leading to high blood pressure, swelling and even breathing difficulties. It is extremely important to have very little salt in your food, so that you drink less fluid. Avoid adding salt when you're cooking and at the table. It is also important to avoid most fast foods, packaged, and processed foods because they contain huge amounts of salt.

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Potassium is needed to keep the nerves and muscles working, but too little or too much can be harmful. Plan your potassium intake depending on your blood level.

Potassium comes from fruits (including bananas, oranges, cantaloupes and nectarines) and vegetables (including baked potatoes, spinach, winter squash, and tomato sauce). Some foods have less potassium, so your dietitian will help you learn what foods and what amounts you can eat safely, and what to avoid.

Protein is important for growth and repairs that are necessary for a healthy body, but some protein are lost in the drained fluid. Your diet should include enough protein from meat, poultry, fish, eggs, and other foods your dietitian may recommend.

Fibre can help avoid constipation that can complicate the flow of dialysate in PD. Choose high fibre foods with a low phosphate and potassium content such as: natural wheat bran, corn bran cereal, pears, apples, and berries, as advised by your dietitian.

Fluid includes anything that pours and as well as anything that becomes liquid at room temperature such as water, soup, juice, milk, ice cream, popsicles, alcoholic beverages, and gelatine. These fluids have to be counted as your daily intake. Some people on PD may have to limit their fluid intake depending on their weight, blood pressure and symptoms. Talk to your dietitian, nurse, and doctor about your fluid needs.

About the Chronic Kidney Disease Vascular Access Fact Sheets:

This Fact Sheet was created by the Ontario Renal Network ("ORN"), a work unit within Cancer Care Ontario ("CCO"), in collaboration with the Provincial Vascular Access Working Group ("PVAWG") to provide patients with standardized educational material about Catheters. This Fact Sheet is to be used for informational purposes only. This Fact Sheet is not a substitute for medical advice. This Fact Sheet may not include all relevant information and is not an exhaustive resource. Always consult with your healthcare provider if you have questions or concerns. The information in this Fact Sheet does not create a physician-patient relationship between CCO/ORN/PVAWG and you.

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