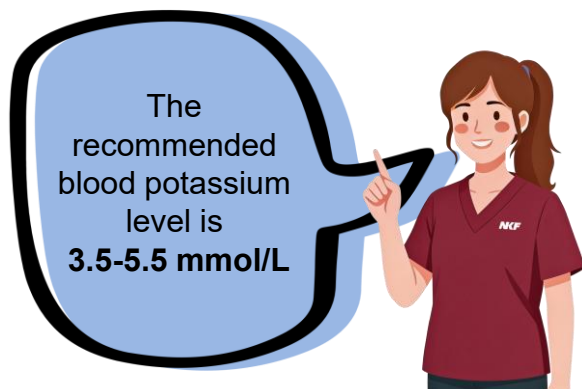


Name : _____

Understanding Blood Potassium Levels

Potassium is an important mineral for muscles to function properly.



My Current Blood Potassium Level Is

_____ mmol/L.

If your blood potassium level remains low, you may experience:

- Constipation
- Fatigue
- Irregular heartbeat
- Muscle weakness or spasms
- Tingling or numbness

Serious complications of prolonged low potassium levels may include:

- Lung failure or abnormal heartbeats
- Nausea, vomiting or abdominal bloating
- Sudden, short-term muscle weakness, stiffness or paralysis

Diet is one way to increase your blood potassium level.

1 Ensure that you consume enough protein by including eggs, fish, chicken, or meat in your main meals.

2 Include 2 servings of fruit and 2 servings of vegetables daily!

Preferably a variety from *lower and higher potassium choices.

Example of 1 week plan for fruits and vegetables consumption:

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						
						
						
						

Gentle reminder:

- ☐ *Leaching process is not necessary for higher potassium content vegetables when blood potassium level is low.
- ☐ Continuously and actively self-monitor your blood potassium level:

Date	Blood Potassium Level

Recommended blood potassium level = 3.5-5.5 mmol/L

Once your blood potassium level is back to the recommended range, remember to limit consumption of ^higher potassium content food, fruits and vegetables.

Remarks:

- * Leaching process cut the vegetables into small pieces and soak them for at least 2 hours before you cook them. Drain the water away.*
- ^ Refer to potassium leaflet that you can obtain from your dialysis centre and NKF website.*

Your diet will be adjusted according to the potassium level in your blood.
If you have concerns related to your diet, please contact your dietitian.