

透析病者手冊

Handbook for Dialysis Patients



養和醫院
腎科透析中心

Renal Dialysis Centre
Hong Kong Sanatorium & Hospital

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簡介

末期腎衰竭是一種長期慢性的疾病，患者須要長時期接受治療。血液透析和腹膜透析是治療末期腎衰竭的最普遍方法。

養和醫院腎科透析中心於一九八三年成立，擁有多年經驗照顧末期腎衰竭的病者，並致力提供全面、高質素的透析治療及支援服務。病者可經由醫生轉介，本中心亦歡迎海外人士於旅港期間接受透析服務。

本中心由腎科專科醫生和腎科護士組成的醫護小組主理，所有設施均符合最高衛生標準，亦遵照品質保證規定提供服務。本中心積極引進各種最新治療設備和藥物，以改善治療成效及患者的生活質素。

- 1 本中心設有血液透析部及腹膜透析部以提供專門服務：
 - 血液透析部設有八張專用病床，配備最先進的透析儀器，為病人提供最安全有效的治療。
 - 腹膜透析部為病人提供腹膜透析訓練(入院或門診)及間歇性腹膜透析治療，並可於本部接受腹膜透析導管插入手術。

此小冊子對您有何幫助？

當病人開始接受血液透析或腹膜透析治療，生活上須有不少適應。此小冊子內列出一些有關飲食或日常護理的指引，助您改善治療成效，提升生活質素。



血液透析

甚麼是血液透析？

血液透析是治療末期腎衰竭的一種方法。透過連接身體血管之導管，把血液引出體外，傳送至人工腎。於人工腎內清除血液中的廢物和多餘水份，然後透過導管把淨化後的血液傳輸入體內。

為了控制血壓及平衡體內化學物質水平，病者須遵照規定日程，每週二至三次接受血液透析，每次需時四小時或以上。進行血液透析期間，病者可如常進行閱讀、休息和看電視等活動。

進行血液透析前的準備

病者須接受血管通道手術，手術只須以局部麻醉進行。血管通道種類包括：動靜脈瘻管、插入人工血管或靜脈導管。除靜脈導管外，一般需要數星期才能癒合形成，以進行血液透析。本中心亦會為病者提供全面的訓練，讓他們了解血液透析的步驟，並學習如何護理血管通道及如何預防併發症。

血液透析的優點

血液透析病者於本中心接受治療期間，均由專業人員護理，腎科專科醫生處方血液透析的分量和步驟，並由曾接受專業訓練的腎科護士密切監察透析過程。本中心的環境舒適，並遵照嚴格的衛生要求及品質保證規定，在醫護人員的親切照料下，令血液透析病者能安心接受治療。

腹膜透析



甚麼是腹膜透析(俗稱洗肚)？

腹膜透析是治療末期腎衰竭的一種方法。透析液經過一條膠導管注入腹腔，以吸收體內的代謝廢物及多餘的水份。由於滲透作用，高濃度含糖的透析液會把腹膜微血管內的廢物和多餘水份引入腹腔內，然後，膠導管把液體及廢物一併引流出體外。

進行腹膜透析前的準備

病者須接受腹膜透析導管插入手術，過程簡單，只須局部麻醉，將一條膠導管插入腹腔內。手術後四至六星期內，病者須間歇性入院接受腹膜透析，待傷口復原；期間，本中心亦會為病者提供全面的訓練，讓他們了解腹膜透析的步驟、膠導管和導管出口部位的護理，學習處理與透析有關之問題及併發症等。

腹膜透析的優點

腹膜透析是每天進行的連續性治療，能令身體經常處於較穩定和動態平衡的狀態。與接受血液透析(俗稱洗血)的病者比較，腹膜透析病者對飲食的限制較少；此外，由於腹膜透析可於家中進行，病者毋須每週到醫院洗腎，大大減少對日常活動的影響。

腹膜透析的治療方法

腹膜透析的治療方法有多種，可按照病者的生活習慣和身體狀況而定。最常見的方法如下：

家居自動腹膜透析：利用腹膜透析機，按照預設程式，通常於晚上進行透析。

連續性可攜帶性腹膜透析：連續二十四小時不斷地進行透析，病者須自行每日更換透析液三至四次。

間歇性腹膜透析：間歇性腹膜透析主要用於治療急性腎衰竭而未能採用血液透析的病者，亦可作為採用腹膜透析初期的治療方法。每週兩次進行二十四小時透析，利用自動透析機以快速交換模式(約1至2小時交換一次)進行透析，亦可在醫院以人手進行。

護理指引



體重控制須知

進食固體食物及水份都會令體重增加，水份是指所有流質食物，如粥、湯及各飲料等。如體重增加過多，患者會有氣速、咳嗽，甚至不能平臥睡覺，身體亦會出現水腫現象(水腫位置多出現在足踝、臉部及眼瞼處)。因此，每天量度體重是非常重要的。理想的體重增加是按個別情況而定。一般體重增加每天不超過0.7公斤或1.5磅為佳。

皮膚護理須知

腎病患者多有皮膚乾燥及痕癢現象。每天經常塗上潤膚露，及選擇有潤膚成份的沐浴液，沐浴水溫不宜太熱，以免沖掉身體保護性的油脂，並於沐浴後在皮膚上塗抹潤膚油。衣服方面，宜選擇透氣及較柔軟質料的衣物。

動靜脈瘻管護理須知

- 切勿在有血瘻管之手臂量度血壓。
- 切勿在有血瘻管之手臂上抽血或作靜脈注射。
- 切勿在有血瘻管之手臂穿戴太緊的手錶、飾物或衣服。
- 除了洗腎當天之外，每天要讓有血瘻管之手臂保持簡單的手部運動，以保持血瘻管有適當的血液流動。
- 注意血瘻管的波動情況，如發覺流動減少或消失，即通知醫護人員。
- 保持有血瘻管之手臂清潔衛生。

血液透析導管護理須知

基本護理

- 請勿觸摸喉管之敷料，保持敷料乾爽及完整。
- 如喉管之保護敷料脫落，應盡快通知本中心，作適當的處理。
- 請勿進行浸浴，最好以花洒淋浴。
- 請勿游泳。
- 穿著輕便及舒適的衣服，最好選擇中間扣鈕之內衣，方便進行血液透析。
- 請勿用扣針固定喉管於衣服上。
- 如有發熱、喉管傷口有灼熱感、傷口痛、敷料有滲液等，請立即通知本中心。

緊急處理

- 當喉管縫線鬆脫，喉管開始脫位，應立即用膠布固定喉管，並立即通知本中心，作緊急支援。
- 如喉管開始脫位，請勿嘗試將喉管再插入穿刺傷口內。
- 如喉管完全脫落，請保持鎮定，端坐，並用清潔紗布按壓傷口最少二十分鐘，直至傷口止血為止，並蓋上有彈性膠布，立即通知本中心，作緊急支援。

血液透析後之觀察

- 病者於透析後有可能感到疲倦，此乃正常之現象，故返家後應稍作休息。
- 透析後，病者可能會有食慾不振或噁心嘔吐等現象，通常休息後會有所改善。如持續不適，應與腎科主診醫生聯絡。

血壓須知

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有血壓高病者，每日血壓不定，需購置血壓計，每天早、午、晚定時量度，並記錄清楚，於洗腎當日或覆診時攜同記錄予腎科主診醫生查閱，方便準確調校血壓藥的份量。

注意：洗腎當日的血壓藥必須請示醫生的意見，部份病者遵醫囑於洗腎日早上停用血壓藥。

照常上班工作，可以嗎？

可預先與本中心職員聯絡，安排適合的治療時間，方便上班及進修。

照常社交活動，可以嗎？

病者應培養及維持自己的興趣和嗜好，參與社交活動。因應自己的能力，進行合適的運動。

到外地旅遊，可以嗎？

世界各地均有設備完善的血液透析中心，只須於出發前與當地中心聯絡，預先作好安排，便可安心到各地遊覽。詳情請向腎科主診醫生查詢。

惡劣天氣下之特別安排

A. 非住院病人

當有颱風訊號懸掛或遇上暴雨警報時，本院腎科透析中心仍維持正常服務。透析病人或家人可於安全情況下到本中心接受治療。

如病人不能到達本中心，應立即致電 2835 8926 聯絡本中心護士，另約時間安排透析。

B. 住院病人

住院病人之透析治療不受任何天氣之改變和颱風訊號或暴雨警報所影響。

飲食須知

病者可經轉介紹見營養師，按照你日常的飲食習慣和喜好，編訂控制蛋白質和礦物質的食譜。以下提供一些簡易指引可作暫時使用：

熱量

熱量為身體提供所需能量，按體重而定，而大部份應從五穀類攝取。每日約 1,800至2,400卡路里。

蛋白質

每天要進食定量的蛋白質，雖然蛋白質是構成身體的基本成份，但同時亦產生尿素。應選擇份量合適的高生物價值蛋白質，滿足身體所需之餘，而不會產生過多尿素，蛋白質食物有蛋類、奶類、肉 / 雞 / 魚類等。

鉀

過多鉀對心臟有害。高鉀食物如西蘭花、菠菜、根莖類、菇類、香蕉、乾果及果汁等。(請參閱「鉀食物表」)

磷

由於透析不能完全處理磷，因而容易在腎病患者體內積聚，而過多磷會引致骨質病變。高磷食物如奶及奶製品、內臟、果仁及乾豆等。(請參閱「磷食物表」)

鈉

食物不宜過鹹，應以清淡為主，濃味食物會令人口乾而多進水份，切勿使用「代鹽」作調味，因內含大量鉀質，亦會積聚於體內。

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不可進食楊桃或飲楊桃汁

鉀食物表

請按照註冊營養師的餐單建議，選擇含鉀的食物。

	低 鉀	中 量 鉀	高 鉀	非 常 高 鉀
生 果	蘋果 蘋果醬 藍草莓 罐頭生果 西柚 檸檬 青檸 菠蘿 西瓜	提子 西柚汁 荔枝 芒果 富有柿 梨 布祿 柚子 覆盤子 士多啤梨 柑	杏甫 車厘子 番荔枝 番石榴 哈密瓜 大樹菠蘿 龍眼 桃駁梨 橙、橙汁 木瓜 蜜桃 石榴 各類乾果 各類鮮果汁	杏甫乾 牛油果 香蕉 蜜瓜 棗子乾 火龍果 榴蓮 無花果乾 奇異果 荔枝乾 西梅 提子乾
蔬 菜	椰菜 青瓜 節瓜 洋蔥 絲瓜 (不連皮) 冬瓜 罐頭蔬菜	佛手瓜 長豆角 罐頭粟米 青豆 紅椒 雪豆 翠玉瓜	鮮露荀 鮮竹筍 芽菜 苦瓜 白菜 紅椰菜 甘筍 西芹 韭菜 菜心 粟米 塘萵 茄子 生菜 芥蘭 紹菜 番茄 急凍雜菜 西洋菜 根類蔬菜	莧菜 西蘭花 椰菜仔 椰菜花 枸杞 大蒜 蓮藕 青椒 薯仔 南瓜 菠菜 翠肉瓜 芋頭 蕃茄羔 荸薺(馬蹄) 通菜
其 他			乾豆類、各類果仁 中式乾貨* 各式菇類 燕麥 代鹽 黃糖	

*如木耳、雪耳、竹筍、紫菜、咖哩粉

磷食物表

請按照註冊營養師的餐單建議，選擇含磷的食物。

	低 磷	高 磷
五穀類	白飯、大麥、蕎麥 白麵包、60%麥麵包 燕麥 粟米片、卜卜米 自製糕點 (使用建議進食的材料)	紅米、糙米 全麥麵包、多穀麥、深黑麥麵包 麥麩 全麥維、麥維片、脆圈圈、燕麥方脆、 雜錦麥 餅乾、熱香餅、窩夫、鬆餅
蔬菜		菇類，如冬菇、蘑菇、雞腿菇
水果		添加鈣質的果汁、金黃提子乾
肉、魚、家禽，代替品		內臟，如豬肝，魷魚 肉、魚、家禽 乾豆 果仁 種子 瓜子
奶類	雪芭 乳脂乳酪 (cream cheese)	奶類、花奶、乳酪、雪糕、布甸及其他 製品 各式芝士，如cheddar、mozzarella、Swiss 茅屋芝士 (cottage cheese) 芝士醬
煮食油 (適量使用)	橄欖油、芥花子油、粟米油、 花生油	咖啡伴侶
其他	檸檬水 非可樂飲品 (如薑啤、雪碧、 七喜、沙士) 爆谷 果醬、啫喱、蜜糖	冰紅茶 可樂飲品 阿華田、麥精飲品、米製飲品、豆製飲品 朱古力、朱古力飲品、啞咕 啤酒 中式乾貨*

*如木耳、雪耳、竹筍、紫菜、咖哩粉

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Introduction

End-stage renal disease (ESRD) is a chronic disease which requires patients to receive on-going treatment for kidney failure. Haemodialysis (HD) and peritoneal dialysis (PD) are the most common treatment methods for patients suffering from ESRD to replace the work of the failed kidneys.

Established in 1983, the Renal Dialysis Centre at the Hong Kong Sanatorium & Hospital has been providing comprehensive and high quality dialysis therapy and support services to ESRD patients. The Centre accepts referrals by doctors including overseas patients during their stay in Hong Kong.

Managed by a well-coordinated health care team of Nephrologists and certified Renal Nurses, the Centre adheres to the highest standard of sanitary conditions and quality assurance protocols. The Centre is committed to acquiring the latest equipment and new pharmaceutical products to achieve the best possible treatment outcome for patients and improving their quality of life.

The Centre has two Units dedicated for the services of haemodialysis and peritoneal dialysis:

- Haemodialysis Unit has 8 beds each equipped with the latest equipment to ensure the safe and effective delivery of therapy.
- Peritoneal Dialysis Unit provides training of peritoneal dialysis on an inpatient or outpatient basis and Intermittent Peritoneal Dialysis service when required. Insertion of Tenckhoff catheter is also performed at the Unit.

How this booklet helps you?

When a patient starts haemodialysis or peritoneal dialysis, there are many adjustments to be made in life. This booklet will provide guidelines on diet and daily care to help you to achieve the best possible treatment outcome and improve the quality of life.



Haemodialysis

What is Haemodialysis?

Haemodialysis is a method of treatment for ESRD patients. It allows the blood of a patient to flow from the body via a vascular access into a machine with a special filter. The special filter called a haemodialyzer functions as an artificial kidney to remove body wastes and excess body fluids. The clean blood is then returned to the body via the vascular access.

To control blood pressure and maintain a proper balance of electrolytes in the body, the patient is required to follow a rigid schedule to undergo dialysis two or three times a week. Each visit takes four or more hours. During dialysis, the patient can perform activities such as reading, sleeping and watching TV.

How to prepare for Haemodialysis?

A vascular access is prepared on the body by an operation procedure using local anaesthesia. There are three kinds of vascular access: arteriovenous fistula, insertion of Goretex graft or venous catheter. Generally, it takes several weeks for a permanent vascular access (except venous catheter) to develop before it is ready to perform dialysis. The Centre provides comprehensive training to teach patients on how haemodialysis works and how to protect the vascular access and prevent complications.

What are the advantages of Haemodialysis?

At the Centre, patients are attended by trained professionals at all times. Nephrologists order a prescription for haemodialysis and certified Renal Nurses monitor closely throughout the haemodialysis procedure. Staffed with caring personnel, the Centre also provides a safe and comfortable environment for patients receiving haemodialysis, which adheres to the highest sanitary conditions and quality assurance protocols.



Peritoneal Dialysis

What is PD?

Peritoneal dialysis or PD is a method of treatment for ESRD patients. It eliminates body wastes and removes excessive body fluids by introducing dialysis solution into the peritoneal (abdominal) cavity via a plastic tube (catheter). By means of osmosis, the high concentration of sugar in the dialysis solution draws wastes and extra water from the tiny blood vessels in the peritoneal membrane into the peritoneal cavity.

How to prepare for PD?

A catheter is introduced into the peritoneal cavity by a simple operation procedure using local anaesthesia. Patients are required to be admitted to the hospital for receiving PD intermittently for about 4-6 weeks to allow the wound to heal. In preparing patients to perform PD at home, the Centre provides comprehensive training on the procedures of PD solution exchange, catheter and exit site care and how to handle problems relating to dialysis and its complications.

What are the advantages of PD?

PD is a daily continuous treatment that maintains the body at a relatively stable and equilibrium state. Diet and fluid restriction in PD patients is therefore less than in haemodialysis patients. Besides, as patients can perform the procedures at home, they are not required to visit the hospital on a weekly basis, with minimal disturbance to the daily life activities.

Therapy Modes of PD

There are several therapy modes of PD depending on the lifestyle and health needs of patients. The commonest modes are:

Automated Peritoneal Dialysis (APD): Solution exchanges can be automatically done, usually at night, by using a PD machine according to a preset programme.

Continuous Ambulatory Peritoneal Dialysis (CAPD): A continuous 24-hour method, which requires patients to perform solution exchanges 3 to 4 times a day.

Intermittent Peritoneal Dialysis: Intermittent peritoneal dialysis is for acute renal failure patients when haemodialysis is not readily available, and for initiation or maintenance of peritoneal dialysis for chronic renal failure patients. Dialysis usually takes place over 24 hours twice a week using rapid exchanges each of 1-2 hour duration. The exchanges are often done via automatic cycling machine, which can also be done manually in the hospital.



Guidelines

What do I need to know about body weight?

Both solid and liquid foods will increase your body weight. Fluid refers to any food substances that liquefies at room temperature which should include congee, soup and all beverages. If the daily weight gain is excessive, you will have shortness of breath and cough, especially when lying down. You will also notice dependent oedema with swelling down your ankles and around your eyelids. Ideally, the daily weight gain should not exceed 0.7kg or 1.5lb/day.

What do I need to know about skin care?

Renal patients tend to have dry skin. Itchiness is very common among patients on dialysis. Most patients will find daily application of body moisturizing cream useful. You should avoid bathing with hot water which will wash away natural protective body secretion and worsen your skin problem. You should choose fabrics that are soft and more permeable to air for your clothing.

What do I need to know about fistula care?

- You should avoid taking blood pressure on your fistula arm.
- You should not have blood-taking and intra-venous injection on your fistula arm.
- Do not wear tight accessories or wrist watch over your fistula arm.
- You should do frequent exercise with your fistula arm to maintain good blood flow through the fistula, except on the day of dialysis after dialysis.
- Inform our Renal Nurses or your doctor when you notice a decreased flow or pulsation of your fistula.
- Always keep your fistula arm clean.

What do I need to know about catheter care?

Basic Care

- Do not touch the catheter dressing. Keep it dry and intact.
- If the catheter dressing becomes loose, contact the Centre immediately.
- Do not bathe in a bathtub. Take a shower instead.
- Do not swim.
- Wear light and comfortable clothes and underwear with front-side opening to facilitate dialysis.
- Do not secure the catheter to the clothes with pins.
- If you have fever, feel tender or sore around the catheter site, or have drainage from the catheter site onto the dressing, contact the Centre immediately.

In case of emergency

- If the catheter is about to fall off as the catheter stitches pull loose, tape it securely in place. Contact the Centre immediately for emergency assistance.
- If the catheter is falling off, do not attempt to re-insert the catheter to the site.
- If the catheter falls off completely, stay calm and sit up. Cover the catheter site with a clean fabric and hold the pressure for at least 20 minutes. When the wound stops bleeding, cover it with an adhesive bandage. Contact the Centre immediately for emergency assistance.

What do I need to notice after dialysis?

- You may feel tired after each dialysis treatment. Therefore, you are encouraged to take more rest after dialysis.
- Some patients may not have appetite or feel nauseated after dialysis. These symptoms usually improve after a brief period of rest. You should notify your doctor if these symptoms persist.

What do I need to know about blood pressure?

Your blood pressure may vary on different days during the week, which depends on the water content in your body. You should make it a habit to measure your blood pressure several times during the day and keep a record for your doctor's reference next time you come to the Centre. Medications to monitor your blood pressure can then be adjusted accordingly.

N.B. You should consult your doctor for your blood pressure medication on the day of dialysis. Some of the patients may need to withhold their blood pressure tablets on the day of dialysis to avoid blood pressure from dropping during dialysis.

Can I continue with my work?

You may contact your dialysis centre well before hand for any special arrangement of dialysis treatment in order to fit in your work or study schedule.

Can I continue with my social activities?

Dialysis patients are encouraged to maintain a normal life style and engage themselves in usual social activities and regular exercise according to their own physique.

Can I travel?

Most of the major cities in the world have well-established dialysis centres. You may consult your doctor for booking arrangement before you travel.

Special Arrangements for Bad Weather

A. For Outpatients

The Renal Dialysis Centre opens as normal when Typhoon Signal is hoisted or Rainstorm Warning Signal is issued. Patients or families may come to the Centre for dialysis treatment when conditions allow.

If patients cannot come to the Centre at appointed time, please contact us immediately at 2835 8926. Another appointment will be arranged in due course.

B. For Inpatients

Dialysis treatment for inpatients will not be affected by bad weather including typhoon or rainstorm.

What do I need to know about diet?

You may request to see the dietitian to plan a Controlled Protein and Minerals diet according to your preferences. The following consists of general guidelines for the time being:

Calories

Calories provide energy to your body. On average, it is about 1,800-2,400 kcal/day.

Proteins

Daily intake of proteins should be consistent. Proteins are essential building blocks of our body, as well as a major source of urea. You should choose protein with high biological values, in controlled amount to meet your body needs without producing much urea. They include egg, dairy products, meat, poultry and fish.

Potassium

Excessive potassium is dangerous to the heart. High potassium-containing items include broccoli, spinach, root vegetables, mushrooms, banana, dried fruits and fruit juices. (Refer to the Potassium Foods List.)

Phosphate

Phosphate tends to accumulate in the body and its removal by dialysis is only moderately effective. Phosphate accumulation will lead to osteodystrophy (renal bone disease). High phosphorus food items include dairy products, internal organs, nuts and legumes. (Refer to the Phosphorus Foods List.)

Sodium

Your daily salt intake should not be excessive as salty food increases the thirst sensation and make you drink more. Salt substitute should be avoided as they contain potassium and tend to accumulate in dialysis patients.

Do not eat starfruit or drink starfruit juice

Potassium Foods List

Please discuss use of these foods with your dietitian.

	Low	Moderate	High	Extreme
Fruits	Apple Applesauce Blueberries Fruits, canned Grapefruit Lemon Lime Pineapple Watermelon	Grapes Grapefruit juice Lychee Mango Persimmon Pear Plum Pomelo Raspberry Strawberry Tangerine	Apricot Cherry Custard apple Guava Honeydew melon Jack apple Longan Nectarine Orange Papaya Peach Pomegranate Dried fruits, all Fruit juices, all	Apricot, dried Avocado Banana Cantaloupe Dates Dragon fruit Durian Figs Kiwi fruit Pomegranate Prune Raisin
Vegetables	Cabbage Cucumber Hairy gourd Onions Angled loofah (no skin) Winter melon Vegetables, canned	Chayote Beans, long Corn, canned Peas Pepper, red Snow peas Summer squash	Asparagus Bamboo shoots Bean sprouts Bitter melon Bok choy Cabbage, red Carrots Celery Chives Choy sum Corn Garland Chrysanthemum Eggplant Lettuce Chinese kale Chinese cabbage Sui Choy Tomato Vegetables, mixed Watercress Spinach Root vegetables	Amaranth Broccoli Brussels sprouts Cauliflower Chinese Boxthorn Leeks Lotus root Pepper, green Potatoes Pumpkin Spinach Summer squash Taro Tomato paste Water chestnut Tung Chai
Miscellaneous			Beans and Nuts Chinese products* Mushrooms, all varieties Oats Salt substitute Yellow sugar	

* eg. black fungus, white fungus, bamboo fungus, seaweed, curry powder

Phosphorus Foods List

Please discuss use of these foods with your dietitian.

	Low	High
Cereal & grains	Rice, barley, buckwheat White bread, 60% wheat bread Rolled oats Bran flakes, rice krispies Homemade bakeries (with allowed ingredients)	Brown rice, coarse rice Whole wheat bread, multigrain, dark rye bread Bran All bran, bran flakes, cheerios, oatmeal squares, muselix Biscuits, pancakes, waffles, muffins
Vegetables		Mushrooms, all types
Fruits		Fresh/frozen juices with added calcium, golden raisin
Meat, fish, poultry & alternates		Organ meats, squid Meat, fish, poultry & alternates Beans Nuts Seeds
Dairy products	Sherbert Cream cheese	Milk, evaporated milk, yogurt, ice cream, puddings and related products Cheddar, mozzarella, Swiss Cottage cheese Cheese whiz
Fats & oils (in moderation)	Olive oil, canola oil, corn oil, peanut oil	Coffeemate
Others	Lemonade Non-cola beverages (eg. ginger ale, Sprite, 7-Up, root beer) Popcorn Jam, jelly, honey	Iced tea Colas Ovaltine, malted milk, rice drink, soy beverages Chocolate, hot chocolate, Cocoa Beer Chinese products*

* eg. black fungus, white fungus, bamboo fungus, seaweed, curry powder

References :

1. Daugirdas, J. T., Blake, P. G. & Ing, T. S. (2007). Handbook of Dialysis (4th Edition) Wolters Kluwer: Lippincott Williams & Wilkins.
2. Capital Health, Low Phosphorus Diet. www.capitalhealth.ca.
3. USDA Agricultural Research Service, Nutrient Data Laboratory website. www.nal.usda.gov/foodcomp/search.
4. Health and Welfare Canada, Nutrient Value of Some Common Foods. Revised 1988.
5. 《維他命大全》中國烹飪協會美食營養專業委員會編著，萬里書店出版2004年。



服務時間：

星期一至六：上午七時至下午八時
(公眾假期照常，星期日休息)

查詢或預約，歡迎聯絡我們

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Service Hours:

Monday to Saturday : 7:00am – 8:00 pm
(Open on Public Holidays and closed on Sundays)

For appointment or enquiries, please contact us at:

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