

Hyperkalemia Conversation Starter

What do you know about potassium and your kidneys?

- Potassium is a mineral and electrolyte found in many foods, and your body needs potassium to keep your muscles working.
- Healthy kidneys filter out the extra potassium in your blood. Because you have kidney disease, extra potassium goes back into your bloodstream instead of out of the body.
- **Hyperkalemia** (high-per-kuh-LEE-meeuh) is a chronic condition where there is too much potassium in your blood.
- Having too much potassium in your blood is dangerous and can lead to a heart attack or even death.

Do you know your most recent potassium lab values?

Your potassium lab value on was mEq/L.

DATE

VALUE

This value is (circle one): **Too Low** **Normal** **Too High**

- If your last lab value was **normal**, you may still be at risk for hyperkalemia.
- If your last lab value was **too low**, having too little potassium in your blood can be harmful too.
- If your last lab value was **too high**, there are steps you can take to lower this value in the future and manage your risk for hyperkalemia.

Remember, potassium levels vary from day-to-day. Your lab value will always depend on:

- What you ate or drank on the day of your test
- The medicines you are taking
- If you are taking your binders regularly
- Your kidney function on the day of the test.

Managing your potassium is a long-term goal, not a short-term objective.

Visit [KidneyFund.org/beyondbananas](https://www.kidneyfund.org/beyondbananas) for tips, tools, and resources to manage your potassium.



Hyperkalemia is a serious condition, but you have the power to manage your potassium levels.

1. Track your daily potassium intake.

Are you tracking your potassium daily?

Yes, I track my daily potassium!

- Keep it up! Remember to track potassium in your drinks too.
- Watch out for salt substitutes; they may be low in sodium but are often high in potassium.
- Talk to your doctor about all medicines and herbal supplements you take. Some have added potassium.

Not yet, how can I get started?

- Read food labels and check for hidden potassium in the ingredients of packaged foods.
- Control your portions. Low potassium foods become high potassium foods in larger portions.
- Use the Beyond Bananas Potassium Food Guide and Potassium Tracker.

Your daily goal is to eat and drink _____ mg daily.

FILL IN

What high-potassium foods should you limit? _____

What low-potassium foods do you enjoy? _____

2. Take your potassium binders regularly.

Are you currently on potassium binders?

Yes, I have a prescription!

- Keep taking them regularly. Skipping doses can have serious consequences.
- Talk to your doctor about any side effects you have. They may be able to prescribe another binder that is right for you.

No, what is a potassium binder?

- Potassium binders are a medicine in a powder form that you mix with water and drink.
- Potassium binders work by sticking to the potassium in your body and preventing potassium from building up in your blood.
- If your doctor has not prescribed potassium binders, you can manage your potassium on your own with a low-potassium diet.

Remember to take your potassium binder _____

FREQUENCY OF DOSE

Dietitian Notes _____