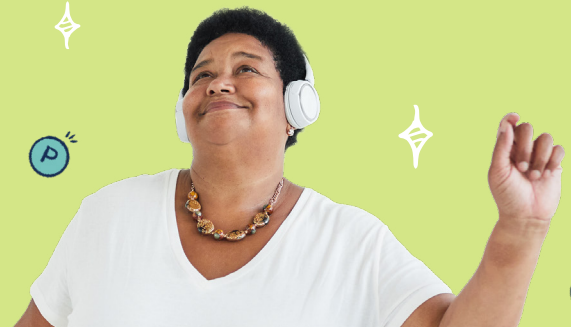


phosphor**US**

Conversation Starter



What do you know about phosphorus and your kidneys?



Phosphorus is a mineral used by your body to keep your bones healthy and strong.



Your kidneys filter out extra phosphorus in your blood, keeping everything balanced.



Hyperphosphatemia is a condition that occurs when there is too much phosphorus in your blood. It is dangerous because it can make your bones easier to break and can lead to heart attacks, stroke and even death.

Do you know your most recent phosphorus lab values?

Your phosphorous lab value on _____ was _____ mg/dL.
DATE VALUE

My lab value is (circle one): **Low** **Normal** **High**

- **Low** (below 2.5 mg/dL): low phosphorus can also be dangerous, talk to your providers about what this means and how you can address it
- **Normal** (2.4 to 4.5 mg/dL): your levels are good right now, continue to get checked regularly because you may still be at risk for hyperphosphatemia
- **High** (above 4.5 mg/dL): talk to your providers about how the steps you can take to lower this value and manage your hyperphosphatemia

It is important to remember that your phosphorus levels can vary. Your lab values depend on:

- If you are taking phosphate (phosphorus) binders or blockers and if you are taking them regularly
- What you ate or drank the day of your test
- Other medicines that you are taking
- How well your kidneys are working and if you are on dialysis, which can help to remove phosphorous from your blood



To learn more about phosphorus and your kidneys and access tips, tools and resources, visit KidneyFund.org/PhosphorUs



Your Hyperphosphatemia Management Plan

Hyperphosphatemia can be a serious condition, but you and your care team can effectively manage your phosphorus levels.

TAKE YOUR PHOSPHATE BINDERS AND BLOCKERS REGULARLY

Are you currently on phosphate binders or blockers?

Yes, binders

- Keep taking your binders regularly.
- If you are experiencing any side effects, talk to your doctor about them and if you can try another binder.
- If your phosphorus levels are not being managed with binders alone, talk to your doctor about phosphate blockers. These are a newer kind of medicine that can help people who take binders but cannot get their phosphorus levels in range.
- Remember to take your phosphate binder

_____ FREQUENCY OF DOSE

Yes, binders and blockers

- Keep taking both your binders and blockers regularly.
- If you are experiencing any side effects, talk to your doctor about them and if there are any adjustments that can be made to your medicines.
- Keep a list of all the medicines you are currently taking. Talk to your doctor about how you can safely take all your medicines along with binders and blockers.

Remember: take your phosphate binder _____ FREQUENCY OF DOSE

AND your phosphate blocker _____ FREQUENCY OF DOSE

No, I would like to learn more

- Phosphate binders are medicines that soak up phosphorus in your stomach to help your body get rid of it.
- Phosphate blockers act as a roadblock, keeping phosphorus from getting into your bloodstream. These are used when phosphate binders are not working well enough.
- Talk to your doctor about these medicines and other strategies to manage your phosphorus levels.

TRACK YOUR DAILY PHOSPHORUS INTAKE

Does your doctor recommend you track your phosphorus daily?

Yes, I track everything I consume.

- Great! Keep tracking everything you eat and drink.
- Remember that phosphorus is commonly added to processed foods to keep them fresh for longer. Check the ingredient list for things that start with “phos”. Some medicines also use phosphorus to preserve them. It’s important to know if you take any of these medicines and how much phosphorus they have.

Yes, but I don’t know where to start.

- Read food labels and check for ingredients that start with “phos”.
- Portions matter! Even foods low in phosphorus can add up if eaten in large portions.
- Write down how much phosphorus is in each meal or snack you have.

My daily goal is to consume _____ mg of phosphorus daily.
FILL IN