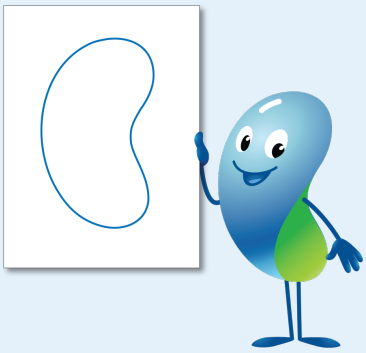
THE KIDNEY EXPERTS

Potassium: not everyone needs to limit it



What is potassium?

Potassium is found in most foods. It helps your heart beat and your muscles work.

Your kidneys keep the balance.

With kidney disease, potassium can get too high. It can also get too low. Too much or too little can cause problems.

Your blood tests decide.

High potassium often has no signs. A blood test shows your level.

Not everyone needs to limit it.

Only some people with kidney disease need less potassium. Some need more. It depends on your kidneys, your blood tests, and your medicines. Some medicines can raise potassium.

Ask us before you cut foods out.

Fruits and vegetables are part of a healthy diet, even for many people who need less potassium.

Thinking about a salt substitute?

Ask us first. Many have a lot of potassium.

Ask us:

- What was my last potassium level?
- Do I need to change what I eat?

Bring your questions to every visit.

From Neff Roligée and The Kidney Experts

The Kidney Experts
This handout is for learning only. It does not replace advice from your care team.
Neff is The Kidney Experts' mascot.
Reviewed by Shree Mulay, MD.

Scan to watch Neff's video.