

# SENIOR CARE CONSULTANT GROUP

*Consultant Pharmacists...Dispensing Knowledge*

Lab Test and Acceptable Values	Major source in Diet	What Should I Do?	Complications
BUN (blood urea nitrogen)  <b>40-100</b> (before dialysis)	Poor PROTEINS: Bread, cereal, nuts, potatoes, dried beans and peas High quality or good PROTEINS: Meat, poultry, fish, eggs	TOO HIGH: limit poor proteins. Check with your Doctor TOO LOW: include more good proteins	TOO HIGH: nausea, bad taste in mouth, appetite loss, vomiting TOO LOW: muscles broken down
ALBUMIN (blood protein)  <b>3.8-4.5</b>	Good PROTEINS: meat, poultry, fish, eggs	TOO LOW: eat more protein and good protein, eat enough calories	TOO LOW: muscle breakdown, ankle swelling, increased risk of infection, weakness
POTASSIUM  <b>3.5-6.0</b>	Certain fruits & vegetables, peanut butter, nuts, and dried beans and peas, bran, salt substitute	TOO HIGH: avoid high potassium foods TOO LOW: eat more potassium rich foods	TOO HIGH: death, cardiac arrest, irregular heartbeats TOO LOW: muscle weakness, shaking, nausea
PHOSPHORUS  <b>3.5 – 5.5</b>	Milk, milk products such as cheese, yogurt, ice cream, custard, pudding, dried beans and peas, nuts, whole grains, bran	TOO HIGH: limit high phosphorus foods. Take phosphate binder with meals.	TOO HIGH: Easily broken bones, itching.
CALCIUM  <b>8.4 – 9.5</b>	Milk and milk products are high in calcium, <u>but intake is limited to ½ cup per day due to phosphorus content</u>	TOO LOW: take phosphate binder, calcium supplement as ordered. TOO HIGH: Check with your Doctor	TOO LOW: bones become thin, brittle and are easily broken TOO HIGH: nausea, vomiting, mental confusion
FLUID WEIGHT GAIN  2-4 pounds between treatments	Beverages and ice, ice cream, milk, sherbet, Popsicles, jello, soup, sauces, water, tea, coffee, soda, juice	TOO HIGH: Eat & drink less fluid. Reduce salt intake, control blood sugars, if diabetic TOO LOW: Eat & drink more fluid	TOO HIGH: swelling, shortness of breath, heart failure, increased thirst & blood pressure, headaches TOO LOW: weight loss, dehydration