



Why Is My Potassium So High?



Dialysis replaces some of the functions of your kidneys, but only during treatment, usually 12-15 hours per week for in-center patients. Healthy kidneys work all day and night, every day of the week. Do not skip or shorten treatment because it can make you very sick.

Some foods have a lot of potassium, which can be dangerous. If your potassium level is too high, talk to your dietitian.

If your dialysis access (like a fistula, graft, or catheter) is not working well, potassium

might not be cleaned out of your body properly. Always go to your appointments if your access needs to be checked.

High blood sugar can make your potassium level go up. Try to keep your sugar levels under control.

Some herbal supplements have potassium, so be careful when taking them. Always talk to your dialysis team about all your medicines each month.

Don't use salt substitutes because they have potassium in them. If you are using them, talk to your dietitian.

Sports drinks and some juices, like tomato, prune, or orange juice, have potassium. Ask your dietitian for better drink options.



D S H V N D I A L Y S I S A C C E S S I S S U E S
 A H B E U M A W U D R I E D F R U I T S S X K Z S
 I M E C T V V N O R Z V V W C O C N G J D C C O P
 R J T R S Q K V A W E J F S O H Y Q E N B M C E O
 Y X Q V B X Y X Z Z F L G I A C H W R N J A F H R
 Q V N H P A C U U E V Z M F U T Z X J Y R H J O T
 K R I Z K S L H O Z S Y Q K X E G X M F B L Q I S
 S H O R T O R S K I P P E D T R E A T M E N T S D
 E L D H M S F H U Y S H Y V A Y O S W F N N E U R
 Z K Q I A L W M X P Q A A Y O H G R K O U U F M I
 L X D G N O V I Y D P L L B Y C Z Z A G F P M K N
 L F X H G T E G Y Y A L W T Z B N Q Q N G S E I K
 F B S B O Z B O C F Q Q E X S O K E H C G B Z Z S
 J G V L S U P E P G V G Z M L U W D M M H E P F N
 Q Z L O P R F B A P F K H H E M B Q E I O U S J F
 V O A O E O E D P A J B U C J N E S C N F R V F Q
 E G D D Q B T D K R I V P S L F T Y T R T X Q P D
 N V W S I C B A N A N A S C H T W S G I N N Y D C
 E T R U N S A L T T S Y R N B L E L G C T M O E C
 D N C G R Z H V A O V Q Q A S K H S G S D U Y Z S
 A I D A U D U M P M E I M K B J Z L G W F Y T E V
 W T I R T M U L P X U S A T O M A T O E S S S E M
 E T T P O T A S S I U M S U P P L E M E N T S F S
 X P O M T C Q N C K A V O C A D O S Q N T Z H G I
 A B F I M G H Q Q E P J B I I R V S H T Y P T J Y

See if you can find these common causes for high potassium in dialysis patients. Remember, potassium can build up quickly because your kidneys can't filter it out. Too much potassium can mess up your heartbeat and, in serious cases, can cause death. Talk to your dialysis team if you have any questions.

Avocados	High blood sugar	Salt substitutes
Bananas	Mangos	Short or skipped treatments
Dairy	Nuts	Sports drinks
Dialysis access issues	Oranges	Tomatoes
Dried Fruits	Potatoes	
Herbal supplements	Potassium supplements	