

Patient Initiated Follow Up with the Kidney Dietitians

What to expect

What is Patient Initiated Follow Up?

Patient Initiated Follow Up (PIFU) is when you choose not to receive regular review by the Kidney Dietitians on the dialysis unit. Your blood results and other readings will not be monitored remotely by the Kidney Dietitians, so we encourage you to check these results yourself and get in touch should you wish for further kidney diet education.

Will I still be reviewed by my kidney doctor on dialysis?

Yes, you will continue to receive regular review by your Kidney Doctor on dialysis. They can refer you back to the Kidney Dietitians if required.

How do I monitor my own blood results?

Your blood results will continue to be taken at the start of each month on dialysis. We encourage all patients to monitor their own blood results on the online portal **Patients Know Best**. Please get in touch with us if you require assistance with creating a login. Alternatively, your dialysis nurses can check your results and keep you updated.

www.patientsknowbest.com



Which blood results should I check?

If you have opted for PIFU, we would encourage you to check your blood results for potassium and phosphate each month:

Blood result	Recommended target range (mmol/L)
Potassium (K)	Between 4 – 6 (pre dialysis)
Phosphate (PO ₄)	Between 1.1 – 1.7

When should I get in touch with the Kidney Dietitians?

- A **potassium level above 6mmol/L (before dialysis)**
- A **phosphate level above 1.7mmol/L.**
- **Fluid overload** - this may mean you have swelling in your ankles, legs, arms or are more breathless
- **Unintentional loss of flesh weight** - this may mean your clothes, rings or belt become loose, or your target weight drops repeatedly.
- A **poor appetite**, are skipping meals, struggling to finish meals.
- Or if you would like to speak to the dietitian for some **general advice**.

We still encourage you to continue previous dietary and fluid advice as discussed with your dietitian and remember to take your phosphate binders if these are prescribed.

How do I contact the Kidney Dietitians for further advice?

The Kidney Dietitians are happy to be contacted at any time should you wish for further dietary education – please call us on 0131 242 1255 and leave an answerphone message with your name, date of birth and reason for calling. Alternatively, you can ask your dialysis nurse or kidney doctor to refer to us.

Helpful resources and websites

Kidney Matters Magazine

Free quarterly magazine for kidney patients and includes a new kidney-friendly recipe in each edition.

Website: <https://kidneycareuk.org/get-support/kidney-matters-magazine/>



Kidney Kitchen online recipe database

Kidney friendly recipes approved by dietitians

Website: <https://kidneycareuk.org/get-support/healthy-diet-support/kidney-kitchen/recipe-index/>



Kidney Kitchen Recipe Magazines

Can order up to three copies for free to be delivered to your door from the Kidney Care UK website:

Website: <https://kidneycareuk.org/get-support/healthy-diet-support/kidney-kitchen/order-kidney-kitchen-magazines/>



It's OK to Ask

When you understand what's going on with your health, you can make better decisions around your care and treatment.

www.nhsinform.scot/campaigns/its-ok-to-ask/



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