



Potassium Chart

Name:

Date of birth:



Over 5.5 mmol/L
Too High
Your heart can be affected

7.0
6.9
6.8
6.7
6.6
6.5
6.4
6.3
6.2
6.1
6.0
5.9
5.8
5.7
5.6



3.5 - 5.5 mmol/L
Healthy Levels

5.5
5.4
5.3
5.2
5.1
5.0
4.9
4.8
4.7
4.6
4.5
4.4
4.3
4.2
4.1
4.0
3.9
3.8
3.7
3.6
3.5



Under 3.5 mmol/L
Too Low
Check with your GP or kidney doctor

3.4
3.3
3.2
3.1
3.0
2.9
2.8
2.7
2.6
2.5
2.4
2.3
2.2
2.1
2.0
1.9
1.8
1.7
1.6
1.5
1.4
1.3
1.2
1.1
1.0

Jan Feb Mar Apr May Jun Jul Aug Sept Oct Nov Dec

Potassium Chart

Too High



- Very high potassium is dangerous for your heart.
- To keep your potassium levels low, **don't miss dialysis.** (The dialysis machine gets rid of potassium)
- When your potassium levels are HIGH:
 - Make sure you are going to toilet regularly
 - Replace high potassium foods for lower potassium option
 - Foods that are high in potassium include some fruits, vegetables and snack foods

Speak to the nurse or Moorditj Djena dietitian for more information

Too Low



- Eat more fruit and vegetables
 - E.g., aim for 2 pieces of fruit per day for example banana and apple
 - E.g., aim for 4 serves of vegetables per day

Speak to your Kidney doctor or G.P. for more information

Reference by: DAA Evidence Based Practice Guidelines for the Nutritional Management of Chronic Kidney Disease 2006, Queensland Government, Queensland Health. Controlling potassium (K+) 2012.