



NATIONAL  
RENAL CARE



PATIENT TUTORIAL

## DIABETES AND DIALYSIS

### What is diabetes?

Is it a disease where your body cannot use the insulin it makes or doesn't make enough insulin. Insulin is an important hormone that regulates the amount of sugar in your blood, if not controlled it can cause serious damage to your body like:

- Nerve damage
- Poor blood circulation (poor veins)
- Blindness
- Heart disease
- Poor dialysis if treatment time is interrupted because of a very low blood sugar on dialysis

DIABETES



### I am on dialysis what must I do to stay healthy on dialysis?

- Keep your blood sugar levels on target of 4-6mmol/l before meals and less than 10mmol/l 2 hours after meals
- Control your blood pressure and keep it below 130/80mmHg
- Check your cholesterol and keep your total cholesterol under 5mmol/l
- Ensure your Hb is between 10-12g/dL
- Ensure your calcium is between 2.1-2.4mmol/l, phosphate between 1.13-1.8mmol/l and PTH less than 600pg/ml
- Get regular check ups to ensure your heart and blood vessels are healthy
- Stick to your diet
- Take your medication as prescribed

### How do I control my blood sugar?

- Check your blood sugar levels every day at home
- Check your blood sugar levels before you are connected to the dialysis machine
- Check your blood sugar levels before you are disconnected from the dialysis machine
- Stick to your diet and eat healthy snacks in between meals
- Tell the dialysis staff when you are sick and have trouble eating, this can cause very low blood sugar levels which can lead to a diabetic coma



### How do I control my blood pressure?

- Take medication as prescribed if you have a high blood pressure preferably at night
- Stick to your daily fluid allowance
- Eat less salt
- Have at least 4 hour dialysis sessions 3 times per week

### How do I ensure my Hb is between 10-12mmol/l?

- Ensure you get your EPO (Eprex, Recormon, Arenesp, Micera) injection as prescribed
- Ensure you get your iron as prescribed

### How do I control my calcium, phosphate and PTH levels?

- Stick to your diet
- Take your medication as prescribed – Phosphate, One Alpha, Rocaltrol, Sensipar
- Limit foods like dairy, nuts, dried beans and peas
- See a dietician if you struggle with your diet plan

