



**NATIONAL
RENAL CARE**



SONJA STEVENS
DIETITIAN (RD) BSC DIETETICS (STELL)
CELL: 082 994 6551
EMAIL: diettlansonja@gmail.com

 **Sonja Stevens**
DIETITIAN (RD)
ADDRESS: 156 WILD PLUM STREET, MIKPUNT
POSTAL: PO BOX 1912, DURBANVILLE 7551

PATIENT TUTORIAL

Vitamins: The ABC's in the Kidney Diet

People with chronic kidney disease (CKD) often cannot get enough of some vitamins. Reasons include:

- necessary dietary restrictions – limited intake of fruit and vegetables due to potassium restriction.
- poor appetite
- disruptions in meal times due to treatments and appointments
- medication side effects
- vitamin losses during the dialysis treatment

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Water Soluble Vitamins

The B Vitamins

- Helps the body's cells produce energy.
- It helps the nervous system work properly
- Helps support normal vision and healthy skin
- Helps body use the blood sugars for energy and enzymes (chemicals to break down proteins) to do their functions in body
- Helps the body make protein, which is then used to make cells; also helps make red blood cells

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The fat soluble vitamins (A, D, E and K) are more likely to build up in your body, so these are avoided unless prescribed by your kidney doctor. Vitamin A is especially a concern, as toxic levels may occur with daily supplements.

Your kidney doctor decides if a vitamin D supplement is needed based on blood tests that measure calcium, phosphorus and parathyroid hormone (PTH) levels. As CKD progresses, the kidney's ability to activate vitamin D is lost. A special activated vitamin D may be prescribed e.g. calcitriol.

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Supplementation

Take your vitamins and medications after your dialysis session so that it's not lost during dialysis

1) Vitamin B Complex:

Must contain the following:

- **Vitamin B1** 1.5mg/day
- **Vitamin B2** 11 – 13 mg/day
- **Niacin** 20mg/day
- **Vitamin B6** 10mg/day
- **Folate** 1 mg/day

1) Vitamin C 100mg

(take these daily)

Websites used:

www.davita.com/kidney-disease/diet-and-nutrition
www.kidney.org/ForPatients/Management/NutritionandCKD

Vitamins fall into two classes: fat soluble and water soluble. Water soluble vitamins do not build up in the body and must be replaced daily from the diet. CKD patients have greater requirements for some water soluble vitamins due to increased losses.



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Helps the body absorb iron; helps manufacture collagen (skin and organ tissues), form and repair red blood cells, bones and other tissues; keeps capillary walls and blood vessels firm; protects against bruising; maintains healthy gums and heals cuts and wounds; keeps immune system healthy



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