

Precautions for Dialysis Patients

- Limit Fluid Intake, consume only as recommended
- Follow a low-potassium high protein diet with select fruits & vegetables such as Apples, berries, grapes, cabbage, cauliflower, beans etc
- Monitor your weight, blood pressure & sugar regularly
- Keep the access area clean & dry. Follow strict hygiene protocol
- Follow the prescribed schedule tests and medication
- Engage in light to moderate exercise & Avoid lifting heavy objects

