

Phosphorus Control

Tips from the pros (patients!)

How do you keep on top of your phosphorus levels?

- One of the most important things I did was memorize the list of high phosphorus foods. I try to avoid them, but if I do eat them, I know I need to take more of my binders.
- I watch what I eat, and remember my binders. If I open my mouth to eat, I need to think about taking a binder.
- My binders are a part of my meal. If I'm eating, I'm taking a binder.

How do you remember to take your pills?

- It's automatic. I bring my binders with me wherever I go. You never know when you're going to be hungry.
- I set up my pill box ahead of time. I take it with me to dialysis and whenever I eat out.
- I keep my binders all over the place...in the car, on the kitchen table, on my key ring...it's a constant reminder.

Any tips for the folks out there?

- Take your binders! Take them with you on the go, and know what foods have phosphorus. Snacks can have phosphorus too!
- Take your binders! You'll prevent the horrible itching and other bad things that can happen with high phosphorus levels.

