

## Action Plan for Staying Healthy at Home with High Potassium In The Blood – Called Hyperkalemia



This handout is a quick guide to staying healthy and safe at home. Follow these tips and all instructions from your hospital care team to help you avoid another hospital stay.

### Take Your Medicines

Special guidelines to note:

- Talk to your doctor before taking any new or over-the-counter medicines because some can increase your potassium levels.
- Talk to your doctor before taking any supplements.

### Go to Your Follow-Up Visits

It is **very** important to go to your follow-up visits with your primary care doctor or specialist. Your doctor needs to see you at follow-up visits to check on your progress and make sure your medicines are working. They need to see you within 1 week of your hospital stay and then at least once a month for 3 months.

# Action Plan for Staying Healthy at Home with High Potassium In The Blood – Called Hyperkalemia

## Ways to Stay Well

- Go for your ordered blood tests. Follow up with your doctor to get the results.
- Check your heart rate daily. Ask your doctor what your heart rate goal is and write it here: \_\_\_\_\_ beats per minute. Write this information in a notebook each day and share with your doctor at your follow-up visit.
- Eat a healthy diet based on advice from your care team. Ask your doctor how much potassium is safe to have each day and write it down below. Carefully read food labels to see how much potassium is in a serving size.
- Limit potassium to less than \_\_\_\_\_ milligrams (mg) daily

- Avoid foods that are high in potassium, such as:

Fruits - bananas, oranges and orange juice, melons, dried fruits, grapefruits and grapefruit juice, apricots, and other fruits

Green, leafy vegetables such as salad greens, spinach, broccoli, collards and kale

Tomatoes, tomato juice and canned tomatoes

Potatoes and sweet potatoes

Pumpkin, winter squash, parsnips or Brussels sprouts

Avocados and guacamole

Peas, beans, lentils or legumes

Vegetable juices, store-bought or homemade, vegetable juice cocktails

Nuts and seeds, including cashews, peanuts, almonds, mixed nuts, and hazel nuts

Milk and yogurt

Chocolate, peanut butter, bran, granola, molasses

Light or reduced-sodium salt

Sports drinks

To learn more, visit [Kidney.org](http://Kidney.org), click on Nutrition, then click on Potassium

- Exercise – before starting any exercise program, ask your doctor if it's safe to do so.
- If need help quitting smoking:
  - Call the Ohio Quit Line at **1-800-QUIT-NOW** or visit **[smokefree.gov](http://smokefree.gov)**
  - Find out if your insurance covers our UH Tobacco Treatment Counseling program. If so, you will need a doctor's order to use this service. To learn more about our program, call **216-896-1810**.

# Hang this on your refrigerator to remind you of reasons to call your doctor or 9-1-1



## GOOD TO GO

Follow the tips in this handout to help you to stay healthy and out of the hospital. Always monitor your health and be aware of the signs of new or worsening health concerns. Read below to learn when and who to call for help.



## CAUTION

**Call your doctor's office right away** if you have any of the problems listed below. Your doctor may need to adjust your medicine doses and/or order blood tests. Keep taking your medicines as ordered until you see your doctor.

- Muscle weakness
- Numbness or tingling in your arms or legs
- Feeling lightheaded
- Feeling more tired or you have less energy
- Heart beat is slow or irregular
- Confused
- Any other symptom that causes concern

My doctor's name: \_\_\_\_\_

Office phone number: \_\_\_\_\_



## STOP

**Call 9-1-1 right away** if you have any of these problems:

- Chest pain
- Fast or racing heart beat
- Feeling short of breath or it's hard to breathe
- Fainting