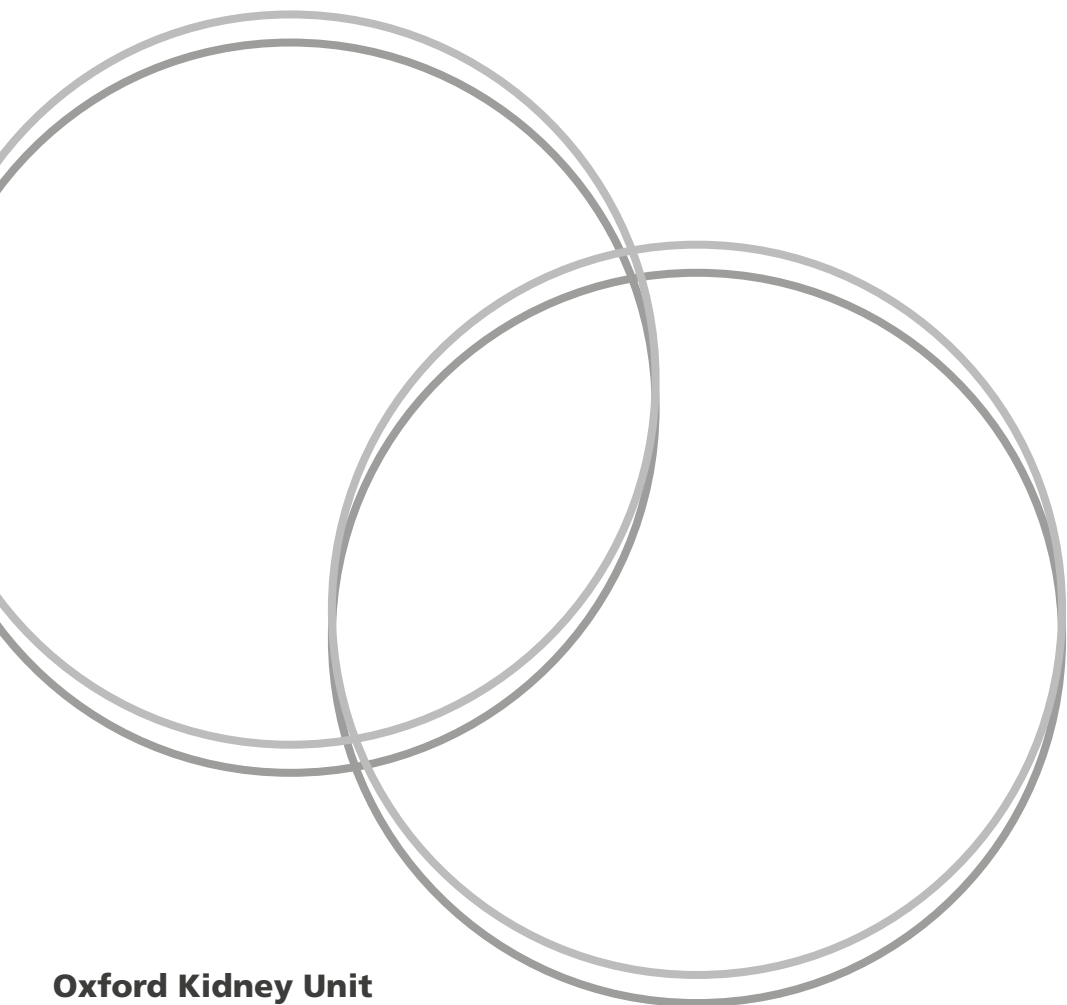


Renal Ward: Food visitors can bring in for people with kidney disease

Information leaflet



If you have been admitted to the renal ward it may be because there has been a temporary reduction in your kidney function. This is often known as Acute Kidney Injury (AKI). Symptoms of AKI can include a loss of taste, appetite, feeling sick and vomiting. The ward dietitians will be able to support you with your eating and drinking choices during this time.

During your stay, you may also need to limit the amount of salt and potassium in your diet. Whilst the hospital meals and snacks are all suitable, you can also have other foods brought in by visitors. The following table provides a guide of foods they can bring in for you and those that we advise avoiding.

Cereals

Suitable choices

- Plain cereals e.g. Weetabix, Shreddies, Cornflakes, Frosties, Cheerios, Rice Krispies and porridge (including plain or syrup porridge pots)
- Plain cereal bars (without dried fruit, nuts or chocolate)

Unsuitable choices

- Cereals containing dried fruit, nuts or chocolate e.g. Muesli, Fruit and fibre, Sultana bran, Grape nuts and porridge pots with dried fruit
- Cereal bars containing fruit, nuts or chocolate

Fruit and vegetables

Suitable choices

- | | |
|---|-------------------|
| • Apples | • Blueberries |
| • Pears | • Plums |
| • Peaches | • Raspberries |
| • Clementines / mandarins/
satsumas / tangerines | • Watermelon |
| • Nectarines | • Strawberries |
| | • Cucumber sticks |

Unsuitable choices

- | | |
|-----------|-----------------------------|
| • Apricot | • Melon (except watermelon) |
| • Bananas | • Large oranges |
| • Grapes | • Dried fruit |
| • Mango | • Coleslaw |

Savoury snacks

Suitable choices

- Bagels
- Croissants
- Plain crackers e.g. cream crackers, water biscuits, oat cakes
- Bread sticks
- Plain popcorn
- Vegetable and meat samosa
- Carrot and hummus pots
- Cold boiled eggs

Unsuitable choices

- Crisps
- Nuts (plain or salted)
- Salted popcorn
- Salted corn kernel snacks
- Onion bhaji
- Potato salad
- Coleslaw

Light meals

Suitable choices

- Pasta pots with salmon, tuna, chicken and beans/pulses
- Packaged sandwiches, wraps and salads with egg, tuna, chicken and salmon

Unsuitable choices

- Pasta pots / ready meals with tomato sauces, bacon or ham
- Packed sandwiches and wraps with sausage, ham, bacon or avocado
- Soup sachets such as Cup-a-soup, Maggi and Noodle soup
- Instant noodle pots

Sweet snacks

Suitable choices

- Plain biscuits e.g. shortbread, ginger biscuits, rich tea and digestive biscuits
- Biscuits filled with jam or cream
- Plain flapjack
- Sugar-free sweets and mints

- Plain cereal bars
- Plain cake e.g. Victoria sponge or Madeira cake
- Ice pops

Note: If you would like some chocolate, opt for chocolate coated varieties such as Kit Kats or chocolate digestives

Unsuitable choices

- Solid chocolate bars
- Chocolate bars with nuts or dried fruit
- Biscuits or cookies with nuts, dried fruit or chocolate
- Cakes / cake slices with nuts, dried fruit or Marzipan

- Liquorice
- Fudge
- Toffee
- Malt loaf / Soreen
- Fruit cake
- Cereal bars containing chocolate, dried fruit or nuts

Puddings

Note: Chilled products will need to be kept in the refrigerator. Please let the nurses know if you are not eating this immediately and they will be able to store it in the patient fridge for you. Please label it with your name and the date. If not eaten within 3 days or within the use by date, this will be thrown away.

Suitable choices

- Cheesecake
- Rice pudding and custard pots
- Trifle
- Crème caramel
- Treacle and egg custard tart
- Plain or fruit yoghurts
- Fromage frais

Unsuitable choices

- Puddings with chocolate, fruit or nuts

Drinks

Suitable choices

- Bottled water, including flavoured and sparkling water
- Squash or cordial drinks
- Light coloured fizzy drinks such as Lemonade, Fanta
- Tea

Unsuitable choices

- Coffee
- Hot chocolate
- Dark-coloured fizzy drinks such as Cola, Dr Pepper and Pepsi
- Fruit juices or smoothies
- Milkshakes

Your diet at home

Whilst you may have needed to follow dietary restrictions when in hospital, you may not need to continue these once you go home. If you do need to make ongoing changes to your diet, the ward dietitian will talk with you and your family or carers and provide you with advice and support on how to adapt your diet.

How to contact us

Oxford Renal Dietitians

Telephone: 01865 225 061

(8.00am to 4.30pm, Monday to Friday)

Please leave a message on the answerphone and one of the dietitians will get back to you.

We can only provide advice or information if we care for you under the Oxford Kidney or Transplant Unit (Churchill Hospital).

This includes the network units at Banbury, High Wycombe, Milton Keynes, Stoke Mandeville, Swindon (Great Western Hospital) and Whitehouse Dialysis Unit. If you do not attend these sites, please contact your local care team for support.

Clinics

If you are seeing a kidney doctor, the dietitians are available in the Renal Outpatient clinic at the Churchill Hospital each morning. Please speak to the receptionist if you would like to be seen.

Renal Network Clinics

Some of these clinics are covered by a dietitian. Please ask the receptionist if you would like to be seen.

Useful websites

Oxford Kidney Unit

Lots of information about the Oxford Kidney Unit for patients and carers.

Website: www.ouh.nhs.uk/oku

UK Kidney Association

Patient information leaflets and advice.

Website: www.ukkidney.org/patients/information-resources/patient-information-leaflets

Kidney Patient Guide

Information for patients with kidney failure and those who care for them.

Website: www.kidneypatientguide.org.uk

Kidney Care UK

A charity which has lots of practical support and information for people with kidney disease.

Website: www.kidneycareuk.org

Six Counties Kidney Patients Association

The SCKPA is run for patients by patients or family members. They offer support to people suffering from kidney disease or who are on dialysis. They work closely with the Oxford Kidney Unit and have branches in Oxfordshire, Northamptonshire, Buckinghamshire, and Milton Keynes, and parts of Wiltshire, Gloucestershire and Berkshire.

Website: www.sixcountieskpa.org.uk

National Kidney Federation

A charity which has lots of practical support and information for people with kidney disease.

Website: www.kidney.org.uk

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



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