
Discharge Instructions for Hyperkalemia

You have been diagnosed with hyperkalemia. This means you have a high level of potassium in your blood. Potassium is important to the function of the nerve and muscle cells. This includes the cells of the heart. But a high level of potassium in the blood causes serious problems. These include abnormal heart rhythms and even heart attack.

Diet changes

Eat less of these potassium-rich foods:

- Bananas
- Apricots, fresh or dried
- Oranges and orange juice
- Grapefruit juice
- Tomatoes, tomato sauce, and tomato juice
- Spinach
- Green, leafy vegetables, including salad greens, kale, broccoli, chard, and collards
- Melons of all kinds
- Peas
- Beans
- Potatoes
- Sweet potatoes
- Avocados and guacamole
- Vegetable juice (homemade or store-bought) and vegetable juice cocktail
- Fruit juices
- Nuts, including pistachios, almonds, peanuts, hazelnuts, Brazil nuts, cashews, or mixed nuts
- "Lite" or reduced sodium salt

Other home care

- Tell your healthcare provider about all prescription and over-the-counter medicines. Also tell them about herbal or dietary supplements you are taking. Certain medicines and supplements can increase potassium levels.
- Take all medicines exactly as directed.
- Have your potassium levels checked regularly.

-
- Keep all follow-up appointments. Your healthcare provider needs to monitor your condition closely.
 - Learn to take your own pulse. If your pulse is less than 60 beats per minute, greater than 100 beats per minute, or irregular, call your provider.

Follow-up

Follow up with your healthcare provider, or as advised.

When to call your healthcare provider

Call your healthcare provider right away if you have any of the following:

- Slow, irregular heartbeat
- Fatigue
- Dizziness
- Lightheadedness
- Confusion
- Weakness

Call 911

Call 911 if you have any of these:

- Chest pain
- Fainting
- Shortness of breath