

## COVID 19 and Eating On Dialysis Days

Eating well is an important part of keeping yourself well during these difficult times. The better nourished you are the healthier you will be. However, to limit the risk of you picking up Covid 19 we may need to change our usual practices, including eating during dialysis.

We are aware that, in an effort to minimise the spread of the COVID 19, it is now recommended that you wear a mask during dialysis.

If your unit has advised you not to eat during dialysis, the information below will help you try to get enough nourishment on dialysis days and help you not to feel hungry during dialysis.

- Eat a meal before you come to dialysis, for example if you attend dialysis in the morning, please try to eat breakfast (cereal, bread and a drink) before you leave the house for dialysis.
- If you are on dialysis in the middle of the day, please eat your breakfast and have a light meal (for example a sandwich that contains turkey, chicken, tuna, beef, or eggs and a drink) before you leave the house for dialysis. Have your main meal (dinner) when you return home.
- If you are on dialysis in the evening, please try to have your main meal (dinner) in the middle of the day and have a small snack mid-afternoon for example, cream crackers and cream cheese or 2-3 plain biscuits and a drink before you leave the house for dialysis.

### **After Dialysis**

After dialysis it is important that you eat a meal as soon as possible when you get home.

### **Diabetes**

If you have diabetes it is essential that you eat a meal or a snack that contains a starchy food (carbohydrate) for example bread, cereal, rice, pasta or potatoes **before and as soon as possible after** you return home from dialysis. Please check your blood sugars more often on dialysis days. If you have any concerns regarding potential low blood sugars during your dialysis treatment talk to your dialysis nurse / doctor.

**If you have any queries on your food or fluids, please ask to speak to your renal dietitian.**

This information has been prepared by Barbara Gillman, Irene Cronin and Oonagh Smith, Clinical Specialist Dietitians in Renal Medicine.