

Hyperphosphatemia (high blood phosphorous level)

What is phosphorous?

It is a mineral found in the bones, is needed to keep bone healthy, it is required for other body functions too.¹

What is normal phosphorous level?

For someone with healthy kidneys, the normal amount of phosphorus (phosphate) in the blood is between 2.5 to 4.5 mg/dL.²

What cause phosphorous to go up?

Phosphorous is usually removed by the kidneys, if your kidneys not working well, the phosphorous level in blood will go up.

What happen if my phosphorous level go up?

If phosphorous level is high, it will remove calcium from bones and make bones weak. It can precipitate in the walls of blood vessels and other organs. High phosphorus and calcium levels also lead to dangerous calcium deposits in lungs, eyes, and heart. Over time this can lead to increased risk of heart attack, stroke or death.¹

What are the symptoms of hyperphosphatemia?

If phosphorous is elevated (hyperphosphatemia) it will remove calcium from bone and the calcium level will drop (hypocalcemia). Low calcium does cause symptoms, such as: Muscle cramps, Bone and joint pain, Weak bones, Itchy skin or rash.²

What medication is used to lower phosphorous?

Phosphate binders, your doctor will prescribe them to you if you need the, make sure to follow the instructions.

Why do I need to control my phosphorous level?

Several studies have shown an increased risk of mortality or disease progression in patients who have chronic kidney disease and high phosphate levels.³

How can I lower my phosphorous level?

By following the steps:

- a. eat food low in phosphorous (see detailed hand out)
- b. take the phosphate binders as prescribed
- c. if you are on dialysis, make sure to complete the total time for each dialysis treatment and do not miss any.

What food should I have/ avoid to control my phosphorous level?

Please refer to the detailed list of meals and food items.

1. Phosphorus and Your Diet. National Kidney Foundation. Published January 7, 2016. Accessed August 2, 2022. <https://www.kidney.org/atoz/content/phosphorus>
2. High Phosphorus (hyperphosphatemia). Published November 5, 2021. Accessed August 2, 2022. <https://www.kidneyfund.org/living-kidney-disease/health-problems-caused-kidney-disease/high-phosphorus-hyperphosphatemia>
3. Office of Dietary Supplements - Phosphorus. Accessed August 2, 2022. <https://ods.od.nih.gov/factsheets/Phosphorus-HealthProfessional/>