



Tips for Eating During Dialysis



Your safety is our priority.

As COVID-19 continues to grow, we want to provide an update on what you can do to help keep yourself and others safe during your dialysis treatment.

Here are some important reasons why we are asking for your help:

- COVID-19 is most commonly spread when an infected person not wearing a mask coughs, sneezes, or talks loudly sending particles into the air.
- These particles can land on surfaces, face (nose, mouth, eyes), and hands of an uninfected person.
- By wearing a mask, you can help limit the spread of COVID-19 and other viruses.
- Also, eating during dialysis is associated with several risks and complications such as low blood pressure, cramps, nausea, vomiting, choking, and cross contamination.

We understand that the overall health and safety of our patients is important.

- We know that wearing a mask and not eating during dialysis may be difficult. However, keeping everyone safe is our priority and we sincerely value your help in this matter.
- We are here to listen and attend your needs at all times. We want you to be supported, cared for, and well informed. That is especially true during these difficult times. We will continue to work hard to keep you safe and healthy.

Here are some recommendations and reminders to help you follow mask guidelines while maintaining adequate health and nutrition:

- If you are diabetic, the use of a glucometer to measure your blood sugar levels can be done. Your doctor will review your blood sugar levels and decide if medication by mouth, supplements, or a small portion of food is needed.
- If medication by mouth, supplements, or a small portion of food is necessary (as determined by your doctor), only remove your mask for a few seconds.
- There may be other special conditions that need to be discussed with your care team to ensure your safety and the safety of others in the facility.
- Eat wisely before coming to dialysis. Your dietitian can assist you with an eating plan.
- You can also bring a packed light snack to eat after treatment. Talk to your care team to help you understand instructions for eating in your facility during COVID-19.

Thank you for everything you do to keep yourself and others healthy and safe.

We are all in this together!



END STAGE RENAL DISEASE
NETWORK OF TEXAS

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To file a grievance please contact ESRD Network of Texas (Network 14) at 1-877-886-4435 or ESRD Network of Texas, Inc. 4099 McEwen Rd, Ste. 820 Dallas, TX 75244. Office: 972-503-3215, fax: 972-503-3219, toll free: 877-886-4435, email: nw14info@allianthealth.org, website: www.esrdnetwork.org/