

Hyperphosphatemia in Dialysis Patients Care Guide

透析病人高血磷護理指導

Hyperphosphatemia in dialysis patients is most common, and the most easily overlooked problem. Although the patient will not have immediate danger, long-term accumulation is a major cause of dialysis complications. 「高血磷」是透析病人最常發生，也最容易忽略的問題。對病人雖然不會有立即性的危險，但長期累積卻是造成透析併發症的重要原因。

Hyperphosphatemia symptoms :

高血磷的症狀：

Pruritus. Bone lesions. Fracture. Deputy hyperthyroidism. Systemic soft tissue calcification leads to cardiovascular disease ,Increased mortality.皮膚癢、骨頭病變、骨折、副甲狀腺功能亢進；全身性軟組織鈣化導致心血管疾病，增加死亡率。

Hyperphosphatemia prevention methods :

預防高血磷的方法：

1. Try to avoid eating foods high in phosphorus儘量避免吃高磷食物。
2. The use of phosphate binders：磷結合劑的使用：At present, in Taiwan the common

phosphorus binding agent is calcium carbonate or calcium acetate. It is important to mix calcium agents with flour, because this creates a Dephosphorization effect. When taking Fosrenol, it is important to take with a meal or a snack. The amount taken with each meal should be based upon the amount of phosphorus in the food. For example, if a meal with high phosphorus, the next one should have a lesser amount. Also, if phospholipids have been high, it can give a short aluminum-containing formulation.目前台灣常見的磷結合劑為碳酸鈣 (Calcium carbonate)或醋酸鈣 (Calcium acetate)，碳酸鈣一定要磨碎（粉）拌於食物中，因粉末與食物接觸面積大經由唾液咀嚼後降磷效果佳；若用醋酸鈣 (Calcium acetate) 及磷能解 (Renagel) 可於吃食物時整顆吞服，福斯利諾 (Fosrenol) 以粉末狀與食物同時進食，所有的磷結合劑不論正餐或點心宵夜都需服用，並依實務含磷量的多寡來調整劑量，例如這餐吃較多的高磷食物，可多增加一顆磷結合劑，下一餐吃的食物較少則減少一顆或半顆磷結合劑，如果磷值一直

居高不下，則可短暫的給予含鋁的製劑。

Daftar makanan fosfor tinggi

高磷食物一覽表：

1. **Cereals 穀物類：**Noodle. Buckwheat. High-fiber rice. oat. Nutritional rice, oatmeal, barley, brown rice, health flour, wheat germ.刀削麵、蕎麥、高纖米、燕麥、營養米、麥片、薏仁、糙米、養生麥粉、小麥胚芽。



2. **Dried beans seeds and nuts 乾豆、種子及堅果類：**Black beans, sesame seeds, dried lotus seeds, cashews, pine nuts黑豆、芝麻、乾蓮子、腰果、松子



3. **Meat and eggs 肉及蛋類** : Liver, egg
yolk, offal豬肝、蛋黃、內臟類
4. **Seafood 水產食品類** : Fish, milkfish,
shrimp, prawns, fish floss, crab, crab,
abalone, seaweed, oyster sub-dry, dry
seaweed黃魚、虱目魚、蝦仁、明蝦、魚
鬆、海蟹、河蟹、鮑魚、紫菜、蚵子乾
、乾海帶 Scallops, shrimp, shrimp,
mullet roe, dried fish, bonito flakes, small
volume 干貝、蝦米、蝦皮、(乾)烏魚
子、小魚乾、柴魚片、魚脯、小卷(鹹
)
5. **Milk and other 奶類及其它** : Yeast
powder, all kinds of milk, goat milk
tablets, all stock classes, all kinds of
canned food 酵母粉、各種奶類、羊乳片
、所有高湯類、各種罐頭食物



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