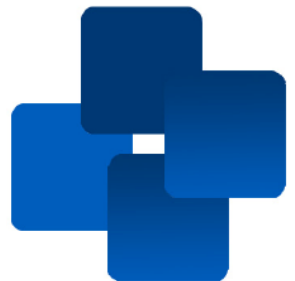


# **Patient Information**

## **Renal Nutrition and Dietetic Service**

Renal Department



## **Introduction**

Good nutrition is important at all stages of kidney disease. For example, preventing the progression of kidney disease, managing end stage kidney disease (on dialysis) and maintaining a healthy kidney post-transplant.

## **What is a dietitian?**

Dietitians are the only regulated health professionals that assess, diagnose and advise on diet and nutritional problems.

A renal dietitian specialises in the nutritional needs of people with acute (sudden onset) or chronic (long-term) kidney disease.

## **What is the role of the renal dietitian?**

Working as part of a multidisciplinary team, we will:

- identify and manage individual nutritional problems and work with you to create an individualised nutrition care plan.
- provide advice taking into account your personal preferences and priorities, i.e. vegetarian, vegan, cultural and/or religious practice.
- aim to improve your quality of life/symptoms.
- aim to help you improve or maintain a healthy weight and diet, bone health and blood test results, which might include other conditions, such as diabetes or high blood pressure.

## **Who might like to see a renal dietitian?**

A large number of people with kidney disease may benefit from diet and lifestyle changes. Our patients have successfully:

- achieved a healthy weight when previously under or overweight.
- improved potassium and phosphate levels.
- improved blood sugar levels and blood pressure control.
- improved appetite whilst in hospital or on dialysis.
- maintained a healthy diet post-transplant.

## **The renal dietitian team**

Our small team of renal dietitians work across the different sites: Lister hospital, Luton and Dunstable, Harlow, Bedford and St Albans. This includes inpatient services at the Lister Hospital; renal outpatient clinics; haemodialysis units; home therapies and post-transplantation.

## **How do I arrange to see a renal dietitian?**

Appointments may be booked by telephone, video call or face to face. If you have a preference, please let the renal dietitian know.

If you would like to see a dietitian:

- please ask a member of the renal team to refer you, or
- phone us: **01438 285533**, Monday to Friday, 8.30am - 4.30pm
- or email us: [renaldietitians.enh-tr@nhs.net](mailto:renaldietitians.enh-tr@nhs.net)

## **Where and when will I be seen?**

We aim to make contact with you within 4 weeks of receipt of referral, unless the referral is considered urgent (where we will usually speak with you in 5 working days). We will aim to see you at your usual clinic location, however, initial contact may be by telephone.

## **How long will the consultation take?**

- The first consultation will take approximately 30 minutes. Follow up consultations will take approximately 15 minutes. You may bring a relative, carer or friend with you if you wish.
- If you would like us to talk to a relative, carer or friend on your behalf, please let us know, although we will need your consent first.

## Useful contact details

### Renal Dietitian Team

**01438 285533**

Monday to Friday, 8.30am - 4.30pm

or email us: [renaldietitians.enh-tr@nhs.net](mailto:renaldietitians.enh-tr@nhs.net)

Ward 6B, Nephrology (Renal) Ward, Lister Hospital	01438 285063
Social Worker	01438 284957
Renal Counsellor	01438 284233
Advanced Kidney Care Nurses	01438 285255
Home Dialysis Therapy Department	01438 284100
Lister Haemodialysis Unit	01438 284152
St Albans Haemodialysis Unit	01727 897588
Chiltern Kidney Centre	01438 288850
Bedford Renal Unit	01438 286750
Harlow Renal Unit	01279 278205

## Further Information

- **Kidney Research UK** - [www.kidneyresearchuk.org](http://www.kidneyresearchuk.org)
- **National Kidney Federation** - [www.kidney.org.uk](http://www.kidney.org.uk)
- **Kidney Patient Guide** - [www.kidneypatientguide.org.uk/diet](http://www.kidneypatientguide.org.uk/diet)
- **Lister Area Kidney Patient Association** - Local support and information: [www.listerkidneyfoundation.org](http://www.listerkidneyfoundation.org)

**Patients Know Best (PKB)** provides information about diagnosis, treatment and your latest blood test results. Please ask a member of the renal team for more information: [www.patientsknowbest.com](http://www.patientsknowbest.com)

Date of publication: July 2014

Author: Nutrition and Dietetics (Renal)

Reference: Version: 3 (Apr 2023)

Review Date: April 2026

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You can request this information in a different format or another language.