

## 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





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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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