

- Eat protein-rich foods to repair muscle breakdown and protect against infection.
- You may need to limit your calories. The medicines you take can make you gain weight.
- Conservative management
 - Limit protein to prevent the buildup of wastes in your blood.

You may have other needs and limits, depending on how well your treatments work.

Points to Remember

- Kidney failure means your kidneys no longer filter your blood well enough to keep you healthy.
- The treatments for kidney failure are
 - hemodialysis
 - peritoneal dialysis
 - a kidney transplant
 - conservative management

- Hemodialysis uses a machine to filter your blood when your kidneys are too sick to filter any more.
- Peritoneal dialysis uses the lining of your belly to filter your blood inside your body.
- A kidney transplant places a healthy kidney from another person into your body.
- Conservative management means your doctors take care of you without dialysis or a transplant. The doctors may give you medicines that make you feel more comfortable.
- All dialysis and transplant centers have a dietitian. The dietitian helps people with kidney failure learn about healthy food choices.