



Pro-Stat for You

How and when to take during dialysis

When to take

- On dialysis days
- During dialysis, before or after

How to take

- Take 1 ounce each dialysis given by the nurse
- If needed, take a small amount of water or ice can rinse your mouth
- If too thick, try mixing with a small amount of water to thin

Who should take

- If you are new to dialysis
- When your albumin is less than 4.0
- When you reach your albumin goal of 4.0 for 3 months, the supplement will be stopped
- If your albumin drops below 4.0, it will be restarted

Taking a protein supplement can help improve your overall health. Northwest Kidney Centers will provide you a protein supplement ordered by your doctor when your albumin is less than 4.0. Albumin is a lab value that measures protein in your body. Research has shown when your albumin is less than 4.0, extra protein may help keep you out of the hospital.

Your body needs protein to fight infection, heal, and build muscle. You lose some protein during dialysis, so the supplement helps replace this.

You will receive Pro-Stat Renal Care. It has 16 grams of protein, about as much as 2 eggs. It is also low in sodium, potassium, phosphorus and sugar. Pro-Stat should not affect blood sugar levels in people with diabetes, since it has artificial sweeteners. It is certified Kosher and gluten-free.

For people with other special diet needs, we offer an alternate supplement, which is Halal and vegan. It is higher in calories and fluids.

Most people don't have problems taking Pro-Stat, if you do, talk with your dietitian.

Your dietitian:

Phone:

