



Pro-Stat at Home

How and when to take and order

When to take

- On home dialysis days
- During home dialysis, before or after

How to take

- Take 1 ounce each home dialysis
- Use a medicine cup, take two tablespoons, or use the 1 ounce mark on a shot glass

Who should take

- When your albumin is less than 4.0
- When you reach your albumin goal of 4.0 for 3 months, stop taking the supplement
- If your albumin drops below 4.0, the supplement will be restarted

How to store

- Keep at room temperature. The liquid will be too thick to drink if kept in refrigerator
- Write the date you open the bottle on the bottle
- Throw out bottle after 3 months

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, fight infection, heal, and build muscles.

You will receive Pro-Stat Renal Care. It has 16 grams of protein, which is equal to 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 vegetarian. It is higher in calories and fluids.

How to reorder

Two bottles should last about two months, then you will need to reorder. Don't wait until you are out to order, it takes several days to ship to your home.

To order:

- Call your dietitian: _____
- Call the Nutrition department at 206-720-3990.





Remembering to take the Pro-Stat

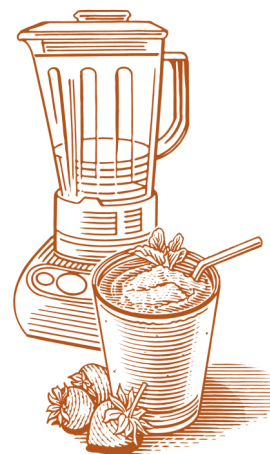
Sometimes people forget to take their Pro-Stat. If this is a problem for you, try these tips to remember:

- Put Pro-Stat right with your dialysis supplies, so you see it first thing when you are setting up your treatment.
- Write yourself a note and stick it on your dialysis procedure or add it to the procedure checklist with supplies.
- Set an alarm on your phone



Some patients find these tips helpful

- Mix with 2 ounces of water
- Mix with 2 ounces of club soda, seltzer water, ginger ale or 7 up
- Pour over ice cubes, ice chips, or ice cream.
- Add to 6 ounces of tea. Serve hot or over ice.
- Take a few sips of water or soda before or after drinking the Pro-Stat.
- Use in smoothies. Try the recipes below or ask your dietitian for others.
- If you are struggling to take your Pro-Stat, talk with your dietitian.



Spiced Apple Cider

1 ounce Pro-Stat

1 package hot spiced cider, regular or sugar-free

8 ounces water

Microwave water for 90 seconds or until hot. Add cider mix and stir until dissolved. Stir in Pro-Stat. Drink warm.

Pineapple Cooler/Crush

1 ounce Pro-Stat

6 ounce pineapple juice (1 small can)

For cooler: mix Pro-Stat and juice. Serve over ice.

For crush: mix Pro-Stat and juice, then freeze. Eat with a spoon.

Citrus Ice Cream

1 ounce Pro-Stat

1/2 cup vanilla ice cream

Drizzle Pro-Stat over ice cream and enjoy with your binder!

Protein Oatmeal

1 ounce Pro-Stat

1/2 cup quick oats

1 cup water

Microwave oats and water 1 minute. Drizzle with Pro-Stat

