

Advanced Kidney Disease Nutrition Clinic



Our nutrition clinics, run by dietitians, are available for people over 18 years:

- with stage 4 or 5 kidney disease; and/or
- who are participating in the Renal Weight Management Program; or
- who have had a kidney transplant or are a kidney donor.

The clinics provide nutrition advice to help:

- slow down the progression of kidney disease
- manage complications such as low iron in the blood and not eating enough
- support you with weight issues
- support you to prevent muscle loss
- balance nutrition issues such as high blood potassium and high blood phosphate
- manage conditions such as cardiovascular disease, high blood pressure and diabetes
- manage excess fluid build-up

Your dietitian will work with you to:

- assess your diet
- give you information about nutrition and your kidney condition
- provide diet advice based on your kidney condition
- develop nutrition goals and plans that are right for you
- understand how to read food packing labels and plan meals
- decide if you need nutritional supplements.

For more information or to make an appointment for the Advanced Kidney Disease Nutrition Clinic or another nutrition service, call Central Health Intake on (02) 5124 9977. We offer appointments via Telehealth or at Community Health Centres (Belconnen or Tuggeranong).

Acknowledgement of Country




Canberra Health Services acknowledges the Traditional Custodians of the land, the Ngunnawal people. Canberra Health Services respects their continuing culture and connections to the land and the unique contributions they make to the life of this area. Canberra Health Services also acknowledges and welcomes Aboriginal and/or Torres Strait Islander peoples who are part of the community we serve.



Accessibility (how to get this information in other ways)

If you want to receive this information:

 in larger print

 or hear it in audio

please telephone (02) 5124 0000.



If you need translating and interpreting service – please telephone 131 450.

National Relay Service phone 133 677 then ask for 133 427.

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