NHS
Royal Cornwall Hospitals
NHS Trust

Phosphate control

Phosphate is mainly found in protein-based foods, particularly dairy foods such as hard cheese, milk and yoghurt and also in shellfish such as prawns and crab meat. Please try to drink no more than 300ml (1/2 pint) milk each day and avoid eating cheese or shellfish between meals.

A phosphate binder will be prescribed eg Phosex, Renacet, Sevelamer, Lanthanum etc. This will either be in tablet or powder form. How and when to take this will be outlined by your dietitian.

Raised levels of phosphate in your blood may cause itching and in the long term will weaken your bones.

The phosphate content of meals can vary. It is suggested that you take your Phosex / Renacet / Calcichew / Sevelamer / Renvela / Renagel / Lanthanum / Velphoro before, during or after your meal:

Breakfast .....

Lunch .....

Evening meal .....

Supper .....

Please don't take iron tablets with your phosphate binder – they should be taken separately eg mid-morning, mid-afternoon or mid-evening.

Dietitian: .....

Date: .....

Contact no: .....

If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on 01872 252690

RCHT 368g

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