

Snack boxes for patients attending dialysis

Patients attending dialysis will require a snack box as they will be off site during a mealtime.

The standard hospital snack box is not always appropriate for these patients as it includes some high potassium containing foods.

This information is a guide for ward and catering staff to ensure these patients are given an appropriate snack box.

Ward staff please ensure catering are aware when ordering a snack box that the patient requires it for dialysis.

Items to include:

- ✓ **Sandwich** Usually cheese, however, can select an alternative from the hospital menu for that day to increase variety.
- ✓ **Fruit** NOT Banana
- ✓ **Yoghurt**

Items to avoid:

- ✗ **Orange juice** NOT appropriate and patients will be provided with tea and water at dialysis, therefore no drink is required.
- ✗ **Biscuits** Chocolate biscuits are NOT suitable and no biscuits required as provided at dialysis.
- ✗ **Crisps** NOT suitable for patients on a low potassium diet.