Kidney Matters®

The Newsletter of the
Queen Elizabeth Hospital Kidney Patients' Association
November and Christmas 2026
VISIT www.kidneymatters.co.uk

Queen Elizabeth Hospital Kidney Patients' Association

The Patients' Association is for all Renal Patients treated by the Q.E. Hospital.
Patients on HHD, Transplant and PD
Dialysis Units at Aston, Great Bridge, Woodgate, Kings Norton, Smethwick, Sparkhill, Redditch, Worcester, Hereford, Llandrindod Wells, and U.H.B.

Kidney Matters is distributed free to over 2700 Renal Patients treated by the Q.E. Hospital

Thanks to those who have made donations to the Queen Elizabeth Hospital Kidney Patients' Association

The Queen Elizabeth Hospital Kidney Patients Association is very grateful for all the donations we have received over the recent months and years. It has enabled us to support the Renal Department at the Hospital and the patients and Dialysis Units around the region. We have patients who donate with a regular amount each month and for those we Thank You.

We would like to thank those who have made donations in remembrance of loved ones. Several have used "JustGiving" and have donated considerable amounts to us. Donating using JustGiving is very easy and effective way to raise money for us, but please email us with your details as sometimes we are unable to contact the organiser to thank them properly.

Our thanks to all those who we have not been in touch with us and those who have donated in remembrance of a loved one. Our deepest sympathies to you and your family.

The Queen Elizabeth Hospital Kidney Patients Association has been able to support the following recently: -

We have given exercise balls for helping Patients after having fistulas; extra soft mattresses to help some patients and Lunchtime Parties at some of the Dialysis units.

We have purchased several items of equipment which assist the staff in treating renal patients. We have offered to support a research project at the Q.E. relating to improved early signs of rejection in the transplanted kidney.

We have provided funding for printing for new diet sheets for dialysis patients. Copies are on our web site you to view.

These are just some of the areas we have been able to support thanks to the very generous donations we have received from patients, families and friends.

General Information about the Q.E.H.K.P.A.

Please look for the New Patient Information section on our website www.Kidneymatters.co.uk.

All the Renal Patient Information Booklets are available now on our website and can be viewed or downloaded.

Topics include: - Peritoneal Dialysis, General Renal Information, Living Kidney Donation, Haemodialysis Information, General Information, Shared Care on H.D., Young Person Information

Should you wish to donate funds to us you can go to DONATE on our web page and use PayPal but please let us have your contact details so we can acknowledge your donation.

Dietary information is on the website. Go to www.kidneymatters.co.uk and then go to "Dietary info".

If anyone would like to offer their help and support in the running of the K.P.A., we would be pleased to hear from you. It can be either a patient or family member or just who want to help Renal Patients and the Renal Department at the Queen Elizabeth Hospital.

Contacts for the Q.E.H.K.P.A.
Please phone, write or email if you need information or help

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Please send an email to QEHKPA@GMAIL.COM for further information.

THANK YOU

If you wish to contact the Queen Elizabeth Hospital Kidney Patients' Association

our email address is qehkpa@gmail.com

or Phone Nick Flint on 07720597468

In Memoriam

The Queen Elizabeth Hospital Kidney Patients' Association conveys our deepest sympathies to those families who have sadly lost a loved one

We thank those who have chosen very generously to donate in their memory to the Queen Elizabeth Hospital Kidney Patients Association

We would like to wish you all a very Happy Christmas and a very good New Year

Queen Elizabeth Hospital Kidney Patients' Association

Supporting Renal Patients

Dialysis Festive Feastings

Christmas is here and everyone looks forward to enjoying festive food & drinks with their family and friends! Even with your special dietary needs, you should still be able to enjoy the Christmas festivities.

Potassium

Christmas is a time to treat yourself, however if you have trouble controlling your potassium level you will need to be especially careful over Christmas. Many traditional Christmas foods such as mince pies and Christmas puddings are high in potassium and should be taken with caution. There are many good alternatives that are lower in potassium.

Try to choose foods that contain very little or no dried fruit, nuts or chocolate and drinks that are lower in potassium.
You can still have some high potassium foods and drinks but limit the size of your portions and how frequently you have them.

Festive foods high in Potassium

Christmas Pudding
Christmas Cake
Mince Pies
Dried Fruit
Chocolate
Potato Crisps
Bombay Mix
Nuts
Green Banana / Plantain
Bread Fruit

Festive Foods lower in Potassium

Trifle*
Ice Cream
Meringues*
Cream Cake or Gateau*
Shortbread*
Turkish Delight*
Pop Corn
Corn Snacks eg. Skips, Wotsits, Doritos, Sunbites, Monster Munch
Pretzels, Breadsticks

Festive drinks high in Potassium

Fruit & Vegetable Juices
White or Red Wine
Beer & Ale
Lager & cider
Coffee, Cappuccino

Dry/ sparkling white wine or sherry are lower in potassium but still need to be taken in moderation.
Mix spirits with fizzy drinks or water.
Traditional Afro-Caribbean punch – better with Jamaican lemonade

Festive drinks lower in Potassium

Flavoured Water
Lemonade
Cola*
Bitter Lemon*
Tonic Water
Soda Water
Ginger Beer / Ale*
Cordial / Squash*
Spirits eg. Brandy, Whisky, Vodka
Gin, Rum, Bailey's
Martini / Vermouth

* If you have Diabetes, choose lower sugar varieties

Information provided by The Queen Elizabeth Hospital Dietitians: review date Oct 2029

Fluid

Try to keep to your daily fluid allowance as best as possible over the festive period and remember that gravy, soups, sauces and custard are also considered as fluids. Some foods are very salty eg. Crisps, bacon, salt fish, savoury snacks and could make you feel thirsty. Try to limit these foods or you may want to drink too much, and you could run the risk of fluid overload.

Phosphate

If you need to watch your phosphate intake you should limit the intake of cheese, milk, nuts and chocolate over Christmas. But most important – do not forget to take your phosphate binders! Your eating pattern may change during the festive period and you might need to split the dose differently. When eating out remember to take your phosphate binders with you.

Suggested Menu

Starters

Prawn Cocktail
Pate with toast or crackers
Caesar Salad
Egg Mayonnaise
Smoked Salmon

Main courses

Roast Turkey / Beef / Chicken / Lamb / Goose or Duck served with accompaniments eg.
Small portion of sage & onion stuffing and one of the following: mint sauce / horseradish sauce / cranberry sauce / apple sauce / bread sauce.
3 Small boiled potatoes or 2 small Roast potatoes (parboiled).
Small portion of high potassium vegetable eg. Brussel sprouts / parsnips / sweet corn.
Portion of lower potassium vegetables eg. Carrots / cabbage / turnip / broccoli or cauliflower.
Sausage or bacon roll or Yorkshire pudding.
Small portion of gravy.

Desserts

Small portion of Christmas Pudding (without nuts) – 2 tablespoons only as high in potassium
Brandy sauce, butter or cream
Apple pie & custard, ice cream or cream
Brandy snaps & cream / Ice cream
Meringue / cream with small amount of fruit
Gateaux – avoid excess chocolate & nuts
Trifle
Ice Cream
Cheese & biscuits
Tea & Mince Pie

Asian: Tandoori Meat / Fish / Chicken Curry & Chapattis / Rice / Noodles

Afro-Caribbean: Traditional roast dinner or rice / peas etc – limit beans and boil vegetables well

PARTY FOOD for those on DIALYSIS



Savouries:

Quiche – e.g. cheese & ham, onion (avoid excess mushrooms, spinach and tomatoes)
Sausage rolls, pork pie, bacon wrapped sausages
Bread sticks, cheese sticks, cheese spirals
Cocktail sausages, cream cheese, pineapple, cheese on sticks
Chicken drumsticks, chicken vol-au-vents (avoid mushrooms)
Satay sticks, samosas (boil vegetables & potatoes first) – avoid peanut dips
Ham cornets with cream cheese & chives / herbs / pineapple



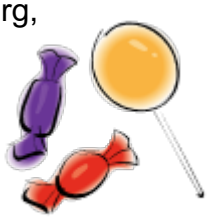
Sandwiches – any type of bread – white, brown, granary,
Pitta, ciabatta, naan, etc.
Fillings: chicken & mayo, ham & mustard, cheese & pickle, chicken tikka, tuna & cucumber, pork & stuffing, egg & cress, beef

Salad – lettuce, cucumber, cress, thinly sliced red or green pepper - limit tomato.

Crackers - cream, water biscuits, Cornish wafers, Tuc etc.
(avoid oatcakes & Ryvita)
Wheat, corn snacks – Sunbites, Doritos, Skips, Wotsits, Nik Naks
Dips – cream cheese & chives, cheddar, mint, garlic, cucumber, yoghurt
Pizza, Popcorn, puffed rice
Pakoras, Bhadji – use wheat or rice flour instead of gram flour, boil vegetables first,
Kachori (no Sultanas) / Puri – made from plain flour
Crusty bread + butter

Desserts: - (NB: People with diabetes should limit sugary foods)

Ice cream, brandy snaps, meringue & cream (with Baileys if you like!)
Trifle (limit the sherry!)
Cheesecake, Gateau - fruit type, Sponge, Madeira cake
Treacle tart & cream, Lemon meringue pie, Profiteroles, Apple pies, cream or custard
Doughnuts, jam tarts, egg custard, cream cakes, Iced fondant cakes, battenburg,
assorted cream, jam filled biscuits, wafers, iced biscuits, shortbreads,
Halwa, Jellabi, Gulab jamen



Boiled sweets, fruit pastilles, fruit jellies, Turkish Delight (no nuts),
marshmallows, peppermints, sherbet sweets, jelly babies, jelly slices,
butterscotch, mints

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Festive Drinks



Remember to include all drinks in your fluid allowance.

If you have diabetes always eat some carbohydrate when you drink alcohol to prevent a drop-in blood glucose levels.

Alcoholic Drinks – not high in potassium

- Bailey's
- Martini / Vermouth
- Gin
- Rum
- Vodka
- Whisky
- Bacardi
- Brandy
- Liqueur (in small amounts)

Soft Drinks / Mixers (sugar free / diet for diabetics) – not high in potassium

- Cola
- Lemonade
- Tonic Water
- Bitter Lemon
- Ginger Beer / Ale
- Soda Water
- Red Bull
- Lime Cordial
- Peppermint Cordial
- Orange Squash

Festive Drinks which are high in potassium

These drinks are high in potassium. If you are following a potassium restricted diet you should be cautious if planning to have any of the following higher potassium drinks. Limit these and try to include more of the lower potassium drinks within your fluid allowance.

ALCOHOL

- 1 glass Beer / Lager (300ml)
- 1 glass Pale Ale / Stout / Bitter / low alcohol Lager (200ml)
- 1 small glass red wine / sweet white wine / Barley Wine (125ml)
- Sweet Sherry / Port (100ml)
- 1 glass medium or dry white wine / sparkling white wine / rosé (175ml)
- Dry or Medium Sherry (125ml)
- 1 Glass Cider (150ml)

HINTS FOR FLUID CONTROL

- Normally spread your fluid allowance over the day but if going to a social event save some of your fluid to allow for drinks whilst you are out.
- Limit salty foods, e.g.: cheesy biscuits, crisps, as they will make you thirsty.
- Use boiled sweets* or mints* to moisten your mouth.
- Try sucking ice cubes – they last longer than water, or try flavouring them with lemon juice or squash*.
- Suck cold fresh lemon or lime slices – they help stimulate saliva.
- Use a few canned pineapple chunks that have been chilled in the fridge.

***If you have diabetes choose sugar free or diet products.**

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