

Useful websites with information on diet and kidney disease

There are many websites on the internet that give information about diet and kidney disease. Some websites may not give you accurate information.

The following is a list of websites that have been found to be useful and reliable by the dietitians at Guy's and St Thomas'. Please note that there may be small differences between dietary information provided by different websites. If you have any questions, please contact your dietitian. The use of websites is not intended to replace consultation with your own doctor, dietitian or health care team.

Websites with information about diet and kidney disease

www.guysandstthomas.nhs.uk

You can access some of our diet sheets online. On the homepage, hover over 'Our Services' and select 'Find a patient information leaflet' on the left. Click on 'A-Z of leaflets by department' and select 'N.' Select 'Nutrition and dietetics patient information leaflets.' Select the diet sheets you want to view, for example:

- ✓ Diet and haemodialysis
- ✓ Lowering your phosphate levels

www.kidneypatientguide.org.uk

This website has information for kidney patients and their carers. It includes:

- ✓ Dietary information (cookbooks, menu ideas etc)
- ✓ Fluid control advice
- ✓ Online discussion forum for patients and their carers

www.edren.org

This website has information sheets that you can download and print. Go to the diet section by searching 'diet' in the 'Search' link, and then click on 'Diet in renal disease.' You'll find useful information on:

- ✓ 'What's in food'
- ✓ Diets at different stages of treatment

Other kidney websites

www.mykidney.org

This website is written by doctors at Guy's and St Thomas' and King's College Hospital. The website has:

- ✓ Written medical information
- ✓ Videos on kidney disease and different treatments
- ✓ Lifestyle advice, holiday dialysis and frequently asked questions
- ✓ Patient stories

www.patientview.org

This NHS website lets you view your blood results online. It is available in most UK renal units. You will have to register via your renal unit before you can use this site.

www.gsttkpa.org

This is the Guy's and St Thomas' Kidney Patient Association Website. Access:

- ✓ The 'kidneytalk' newsletter
- ✓ The free 'MyKidneyCare' app
- ✓ Information on kidney research

www.kidney.org.uk

This is the National Kidney Federation website, a UK charity for kidney patients run by kidney patients. The website includes:

- ✓ Easy-to-understand medical information
- ✓ Patient stories

Contact us

If you have any questions or concerns, please contact the Nutrition and Dietetics department on 020 7188 4128 (Monday to Friday, 9am to 5pm). If we are unable to take your call, please leave us a message and we will call you back.

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) e: pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) e: complaints2@gstt.nhs.uk

Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 e: languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership