

ADVICE

- Fluid Intake 1 ltr/day.
- High protein diet
- In case of any Emergency or Query then Consult with Emergency Medical Officer.
- Maintain Personal Hygiene / Take Care of Your Fistula Hand / J V-Cather/ FV-Catheter/ Perm Cath/ CAPD Catheter.
- Please Consult your Specialist After 1 Months With Report of Blood Urea, S. Creatinine & S. Electrolytes. Hb%, TC, DC, Urine for R/E, ~~Calcium, Phosphate, Uric Acid, PCR/eGFR.~~
- Salt Restricted.
- Take Haemodialysis 2 Per Week.
- Take Proper Bed Rest
- Use passive exercise as advised
- মাছ, মাংস, ডিম (প্রোটিন জাতীয় খাবার) বেশি করে খাবেন।


Prepared By (Electronic Signature)
INDOOR MEDICAL OFFICER