Management of Elevated Serum Potassium\(^1\)

<table>
<thead>
<tr>
<th>Potassium</th>
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<th>Consider referral to emergency</th>
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</thead>
<tbody>
<tr>
<td>5.5 – 6.2 mmol/L</td>
<td>≥ 6.3 mmol/L</td>
<td></td>
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### Management

#### Acute management
- **Stop** ACEi, ARB or other drugs that may raise potassium\(^2\)
- Low potassium diet (patient handout)
- Consider resonium (30g) and lactulose (30cc) 1 – 2 doses

#### Long term management
- **Reduce** dose of ACEi, ARB or other drugs that may raise potassium\(^2\)
- Low potassium diet (patient handout)
- Consider adding thiazide or loop diuretic if persistent elevation in potassium

#### Re-check potassium in 1-2 weeks

<table>
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<tr>
<th>Normal</th>
<th>Elevated</th>
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<tbody>
<tr>
<td>If potassium normalizes, consider restarting ACEi, ARB or other drugs at reduced dose</td>
<td>If potassium remains persistently elevated consider referral to nephrologist</td>
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\(^1\) Increases in serum potassium of up to 0.5 mmol/L can be expected when ACEi or ARB initiated or with dose increase.

\(^2\) Drugs that may raise potassium: ACE inhibitors, ARBs, Selective Aldosterone Receptor Antagonists (e.g. eplerenone), Trimethoprim – sulamethoxazole, NSAIDs, Beta Blockers, Potassium-sparing diuretics (e.g. amiloride or spironolactone) and Antifungals (e.g. fluconazole)
Potassium Foods

Ask your dietitian how many servings of potassium foods you should have from each group.

Low potassium foods

Serving sizes are ½ cup or 1 medium unless another amount is listed.
**Medium potassium foods**

Serving sizes are ½ cup or 1 medium unless another amount is listed.

- Milk (½ cup/125 mL)
- Yogurt (½ cup/125 mL)
- Ice cream (½ cup/125 mL)
- Whole grain breads and cereals
- Bran muffin, bran cereal
- Coffee, tea (2 to 3 cups/500 to 700 mL)
- Nuts, seeds, nut butters (2 Tbsp/30 mL)
- Dried beans, peas, lentils (½ cup/125 mL per week)
- Coconut, raisins (2 Tbsp/30 mL)
- Chocolate (15 grams)
- Juice (½ cup/125 mL grape, pineapple, apple, ¼ cup/60 mL prune)

**High potassium foods**

Serving sizes are ½ cup or 1 medium unless another amount is listed.

- Avocado
- Banana
- Cantaloupe
- Guava
- Kiwi
- Nectarine
- Oranges, orange juice
- Papaya
- Persimmon
- Plantain
- Artichoke
- Beet, beet greens
- Bok choy
- Brussel's sprouts
- Parsnip
- Salt substitute (No Salt®, Half-Salt®)
- Potato (baked, fries, chips)
- Pumpkin
- Spinach (cooked)
- Squash (acorn, butternut, hubbard)
- Sweet potato, yam
- Juice (tomato, Clamato®, V-8®)
- Tomato (canned or cooked ½ cup/125 mL paste, ½ cup/125 mL sauce)