

Diet Changes for Adults with Polycystic Kidney Disease Taking Tolvaptan



1. Drink Lots of Water

- Drink whenever you are thirsty
- Sugar-free, caffeine-free and low sodium drinks are okay
- Drink before bedtime and anytime you wake up at night
- Limit caffeinated drinks to 2 cups per day



2. Eat Less Protein (to reduce frequent urination and thirst)

- Limit animal protein
- Choose beans, peas, lentils, nuts, nut butters, seeds, tofu, edamame and soy milk more often
- Limit dairy to 2 servings per day
- Stick to one type of protein per meal
- Have larger protein amount at lunch instead of dinner.



3. Eat Less Sodium (to reduce frequent urination and thirst)

- Choose fresh foods
- Read nutrition labels and choose foods that have less than 10% sodium per serving
- Avoid canned and processed foods
- Use less salt and high sodium sauces in cooking
- Use no-salt-added seasoning blends, fresh or dried herbs, and spices instead
- Eat less take-out and restaurant food



4. Increase Fruits and Vegetables

- Fill half your plate with vegetables at lunch and dinner
- Have fruit daily for a snack or dessert



5. Choose Whole Grains

- Eat whole grain breads and cereal
- Have barley, oats, and brown and wild rice



6. Avoid Phosphorus Additives

- Look for PHOS in the ingredient list

**MAKE SURE TO STAY WELL HYDRATED.
CALL THE KIDNEY CLINIC IF YOU HAVE SIGNS OF DEHYDRATION.**

This diet information sheet for adults with Polycystic Kidney Disease is intended for use by patients with higher kidney function who do not need to be mindful of potassium, phosphorus, or excessive fluid intake. This sheet is to be given out alongside individualized nutrition recommendations by renal dietitians.