# Glomerulonephritis, Acute

#### What is it?

- <u>Inflamed Glomeruli</u>- antigen-antibody trapped
- <u>Uremia</u>- accumulation of waste in the blood (normally eliminated in urine)
- Oliguria/Anuria small amount of urine formation

## **Signs and Symptoms:**

- Edema, scarring
- Decrease in urine volume, urine smell on breath/sweat, vomiting, itching, convulsions, yellowish-brown skin tone, rust-colored urine



- **Antihypertensive** evaluate individually
- Diuretics/Lasix- reduces edema, wastes potassium, elevated BUN with dehydration

### Facts:

- Can result from untreated streptococcal infection
  - Normally resolve in 3-12 months
- Kidneys have lost their Filtering Ability- severe kidney disease, temporary poisoning

### What can I do?

- See your Health Care Provider
  - Reduce blood pressure, edema, spare protein, improve renal functioning
  - Children- avoid growth retardation
- Essential Amino Acids included, dialysis to remove waste if needed
- See Registered Dietitian for help with your diet plan
- Oliguria restrict fluids 550 to 750 ml/day
- Uremia- High Protein, stress HBV Protein- Eggs, Milk, Meats, Omega 3 Fatty Acids
- **Restrict Sodium (Na)** 1,000 mg. or 1-2 gm. day, Restrict Potassium/Phosphorus
  - o 400 to 500 mg. day, increase Vitamin D3, Iron, Calcium, Multivitamin daily
- High Calorie Diet to prevent Protein breakdown, Low Protein/Phosphorus
- **Anorexia** with ascites



