

Sometimes people on dialysis will have leg cramps. This is usually as a result of taking large amounts of fluid from the body and resulting electrolyte imbalances, but the cause will vary between patients.

The cramps can be very uncomfortable and sometimes painful, and adjustments will need to be made to the dialysis rate and volumes as well as adjusting fluid intake between your treatments. You must discuss your personal circumstances with your renal team and work with them to help you achieve the right balance.

Vitamin E and Quinine are said to be an effective remedy for these types of cramps, but, as with any medication or vitamin supplement, you need to discuss with your medical team before embarking on this course.

We have put some links to reference papers below for your wider reading:

· [Nocturnal Leg Cramps](#) RS Monderer, WP Wu... - Current neurology and neuroscience ... , 2010 - Springer

... Thus, although vitamin E may be helpful for **dialysis** patients with **leg cramps**, it appears it may

not be as promising as it once seemed in reducing **leg cramps** in the general population.

Vitamin

B Complex ... 29. Roca AO, Jarjoura D, Blend D, et al.: **Dialysis leg cramps**. ...

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[A Selected Controlled Trial of Supplementary Vitamin E for Treatment of Muscle Cramps in Hemodialysis Patients](#)

AS El-Hennawy... - American Journal of Therapeutics, 2010 - journals.lww.com

... Am Fam Phys. 1995;52:1794–1798. 15. Roca AO, Jarjoura D, Blend D, et al. **Dialysis leg cramps**

. Efficacy of quinine versus vitamin E. ASAIO J. 1992;38: M481–M485. 16. Mandal AK, Abernathy

T, Nelluri SN, et al. Is quinine effective and safe in **leg cramps**? J Clin Pharmacol. ...

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