

Fish Oil and Heart Health for Patients on Hemodialysis: PISCES Study Results

Dear Patient,

As a person receiving hemodialysis, you may be interested in the results of a research study called the PISCES trial - Protection against Incidences of Serious Cardiovascular Events Study with daily Fish Oil Supplementation in Dialysis Patients.

What was the PISCES Study?

The PISCES study looked at **over 1,200 people on hemodialysis**. Researchers wanted to know if taking **fish oil every day** could help protect the heart and blood vessels.

What did the study show?

People who took fish oil every day had **about half the risk** of serious heart and blood vessel problems, such as heart attacks, stroke, poor blood flow to the arms or legs and death from heart disease.

How much fish oil was used in the study?

Patients took **4 fish oil capsules each day**. Each capsule contained:

- **EPA: 400 mg**
- **DHA: 200 mg**

(EPA [eicosapentanoic acid] and DHA [docosahexanoic acid] are the helpful parts of fish oil.)

Should I take fish oil?

Do not start fish oil on your own. Always talk to your **kidney doctor or dialysis team first**. If your kidney team says it is safe for you:

- Fish oil can be bought **without a prescription**
- Most drug plans **do not pay for fish oil**

How should I take fish oil?

- Take it **with food** to help prevent stomach upset
- Store the bottle **away from heat and sunlight**

What should I look for when buying fish oil?

- **The PISCES fish oil capsules are currently not available, but we will let you know when they become available**
- Choose a product with **Omega-3 fish oil** (not Omega 3-6-9)
- Look at the label for the amounts of **EPA and DHA**
- The EPA and DHA amounts are **more important** than the total fish oil number on the front of the bottle

Example Label: Look for the EPA and DHA in the label of the product and their amounts.

INGREDIENT INFORMATION

Available as 60 softgel capsules.
 Each softgel capsule contains:
 Omega-3 Fatty Acids.....600 mg
 Providing:
 EPA (Eicosapentaenoic acid)..... 400 mg
 DHA (Docosahexaenoic acid).....200 mg

Examples of commercially available fish oil products:

Product	EPA and DHA per capsule	EPA and DHA per day	How many capsules to take (with food)
PISCES Study Capsules <i>Currently not available</i>	EPA: 400 mg DHA: 200 mg	EPA: 1.6 g DHA: 0.8 g	4 capsules per day
CanPrev Omega-Pro Essential HP 40/20 	EPA: 400 mg DHA: 200 mg	EPA: 1.6 g DHA: 0.8 g	4 capsules per day
Webber naturals Heart and Mind Triple Strength 	EPA: 600 mg DHA: 300 mg	EPA: 1.8 g DHA: 0.9 g	3 capsules per day
NOW Foods, Ultra Omega-3 Fish Oil, 90 Softgels 	EPA: 500 mg DHA: 250 mg	EPA: 1.5 g DHA: 0.75 g	3 capsules per day
Jean Coutu (PJC), Personnelle Omega 3 	EPA: 400 mg DHA: 200 mg	EPA: 1.6 g DHA: 0.8 g	4 capsules per day (Online only)

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