

Emergency Preparedness for Dialysis Patients



**Midwest
Kidney Network**

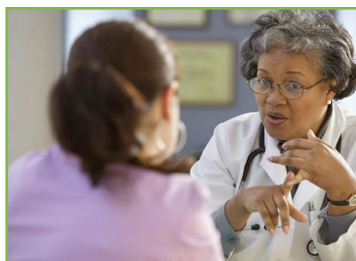
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How to Use This Guide

The tips in the booklet may not work for every patient or in every emergency situation. Talk to your doctor and renal dietitian. They can address your individual needs or conditions.



Preparing for an Emergency

1. Gather and carry important medical information (see pages 3, and 6-8).
2. Ask your dialysis provider about how to find alternative arrangements for treatment in the event you cannot reach your dialysis facility.
3. Prepare an emergency stock of supplies, food, and medicines. (See emergency supply checklist on page 8, and emergency grocery list on page 4).
4. Know what diet to follow if your dialysis must be delayed. Ask your doctor or dietitian which diet is best for you and see sample menu on page 5.

When an Emergency Occurs

1. Ensure environment is safe.
2. Stay home unless you are injured.
3. Notify your dialysis facility that you are not able to come to the facility for treatment and await further instruction.
4. If you cannot reach your dialysis facility, contact your alternate dialysis facility or your ESRD Network.
5. Start to follow your emergency diet (see pages 4 and 5).
6. Contact your water and/or electric utility companies if you are without power and water. Notify them of your special needs.

Current Medications

You need to carry information about all the medicines you take.

List those prescribed by your doctor and any over-the-counter medicines you may take.

Name of medication	Dose	How many pills do you take each time?	How many times per day?	What time(s) to take pills?

Food Supply List

This list provides a 6–day supply of canned foods and water. Use fresh foods as long as they are available.

- ___ 4 – 8 ounce (oz.) cans of evaporated milk
- ___ 1 or 2 gallons of distilled or bottle water
- ___ 2 packages powdered fruit-flavored drink mix
- ___ 1-2 cans or bottles of soft drink
- ___ 6-pack of 4 oz. cans/boxes of fruit juice (cranberry, apple, or grape)
- ___ 6 boxes of single-serving cereal (NO Raisin Bran)
- ___ small box of white sugar (or box of sugar packets)
- ___ 12 – 4 oz. cans or “fruit bowls” of fruit (NO raisins)
- ___ 6 – 8 oz. cans of low sodium vegetables (carrots, green beans, peas, corn, or wax beans)
- ___ 6 – 3 oz. or 4 oz. cans of low sodium meat (tuna, crab, chicken, salmon, or turkey)
- ___ 1 jar peanut butter
- ___ 1 small jar jelly or honey
- ___ 8-12 single-serve foil wrapped packs mayonnaise
- ___ 1 loaf regular bread (not salt-free, NO preservatives)
- ___ 1 box vanilla wafers OR graham crackers
- ___ 1 jumbo pack of chewing gum

3-Day Emergency Diet Plan

	Day 1	Day 2	Day 3
Breakfast	1/4 cup evaporated milk with 1/4 cup distilled water 1 box of cereal 1/2 can (2 oz.) of canned peaches (drained)	1/4 cup evaporated milk with 1/4 cup distilled water 1 box of cereal 1/2 can (2 oz.) of canned pears (drained)	1/4 cup evaporated milk with 1/4 cup distilled water 1 box of cereal 1/2 cup of cherries (drained)
Snack	Vanilla wafers (5) or graham crackers (1-1/2 squares)	1/2 cup canned apple-sauce	Vanilla wafers (5) or graham crackers (1-1/2 squares)
Lunch	Peanut butter and jelly sandwich: 2 slices of bread 2 tbsp. peanut btr. 2 tbsp. jelly 1/2 cup canned pears (drained) 1/2 cup (4 oz.) pre-made powdered fruit drink	Chicken Sandwich: 2 slices of bread 1/4 cup (1 oz.) canned low sodium chicken* 1 tbsp. mayo.* 1/2 cup pineapple (drained) 1/2 cup pre-made powdered fruit drink	Peanut butter and jelly sandwich: 2 slices of bread 2 tbsp. peanut btr. 2 tbsp. jelly or honey 1/2 cup canned peaches (drained) 1/2 cup cranberry juice
Snack	1/2 cup canned apple-sauce	1/2 cup canned apple-sauce	1/2 cup canned applesauce
Dinner	Chicken sandwich: 2 slices of bread 1/2 can (2 oz.) canned low sodium chicken* 2 tbsp. mayo.* 1/2 cup canned low sodium carrots (drained) 1/2 cup cranberry juice	Tuna Sandwich: 2 slices of bread 1/2 can (2 oz.) canned low sodium tuna* 1-2 tbsp. mayo.* 1/2 cup canned low sodium peas (drained) 1/2 cup cranberry juice	Salmon sandwich: 2 slices of bread 1/2 can (2 oz.) canned low sodium salmon* 1-2 tbsp. mayo.* 1/2 cup of canned low sodium green beans (drained) 1/2 cup of soft drink
Snack	Vanilla wafers (5) or graham crackers (1-1/2 squares)	Vanilla wafers (5) or graham crackers (1-1/2 squares)	Vanilla wafers (5) or graham crackers (1-1/2 squares)

*Perishable item: Throw away unused food in open containers if not refrigerated or used within 4 hours.

Dialysis Treatment Information

Your usual dialysis treatment (check one):

- In-Center hemodialysis
- Home hemodialysis
- Chronic ambulatory peritoneal dialysis (CAPD)
- Chronic cycling peritoneal dialysis (CCPD)
- Intermittent peritoneal dialysis (IPD)

Your dialysis center: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Alternate dialysis center: _____

Phone: _____

Your doctors:

- Nephrologist Name: _____
Phone: _____
- Primary Care Name: _____
Phone: _____
- Other: _____
Phone: _____

Primary ESRD diagnosis: _____

Other medical conditions: _____

Allergies: _____

Contact Information

Print this information clearly using a pencil
and update it regularly.

Date updated: _____

Name: _____
Last First MI

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____

Emergency Contact Name: _____

Relationship to you: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Insurance Information

Medicare Number: _____

Other Insurance Provider: _____

Group Number: _____

ID Number: _____

Important Phone Numbers

Pharmacy Name/Number: _____

ESRD Network: _____

Police: _____

Electric: _____

Water: _____

Radio Station: _____

Emergency Supply List

For all patients:

- ___ plastic knives, spoons, forks
- ___ napkins and paper plates
- ___ plastic or styrofoam bowls
- ___ paper towels
- ___ plastic cups
- ___ candles
- ___ matches
- ___ can opener (manual)
- ___ baby wipes
- ___ sharp knife
- ___ flashlight & batteries
- ___ scissors
- ___ garbage bags
- ___ plastic jug for storing water
- ___ measuring cups, teaspoons, tablespoons, and dropper
- ___ 1 small bottle of household chlorine bleach
- ___ piece of cloth, cheese cloth, or handkerchief
- ___ strainer
- ___ extra pair of eye glasses
- ___ radio & batteries
- ___ first aid kit
- ___ 5-7 day supply of all your medicines
- ___ 5-day supply of antibiotics (peritoneal dialysis only)
- ___ diuretics, sorbitol, and Kayexalate (if doctor orders)



If you are diabetic:

- ___ spare batteries and test strips for glucose meter
- ___ 5-7 day supply of glucose monitoring supplies
- ___ 5-7 day supply of syringes
- ___ 5-7 day supply of insulin

If you have heart disease:

- ___ 5-7 day supply of all blood pressure, heart, or anticlotting medications.

This booklet was adapted from CMS Publication No. 10150, "Preparing for Emergencies: A Guide for People on Dialysis, 2004."