

# Emergency Preparedness Guide:

## A Resource for ESRD Patients

- ◇ Emergencies caused by severe weather or disasters can happen with or without warning.
- ◇ If you need dialysis, having power and water, transportation or supplies may be very important.
- ◇ Some emergency situations may make it impossible for you to get to your dialysis facility or give yourself dialysis.

**It is important to be prepared so you can feel better and stay healthy.**

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### For More Information:

Mid-Atlantic Renal Coalition (ESRD Network 5)  
300 Arboretum Place, Suite 310  
Richmond, VA 23236  
Patient Toll-Free: 1-866-651-6272  
Web: [www.esrdnet5.org](http://www.esrdnet5.org)

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

# How to Use This Guide

**IMPORTANT:** This booklet has helpful information for people on dialysis. However, you should always ask your doctor for medical advice. The tips in the booklet may NOT work for every patient or in every emergency situation. You may have special health problems or conditions that will need to be handled differently. Talk to your doctor and renal dietitian to discuss which of the tips in this booklet can work for you, and which tips you should adjust. If you need immediate medical attention at any time, try to contact your doctor, or dial 911 (where available).

This booklet was developed for patients receiving dialysis to help them prepare if an event occurs in which they cannot access dialysis.

## Steps to Prepare for an Emergency

1. Gather and carry important medical information (see pages 3, and 6-8). Ask your dialysis provider about how to find alternative arrangements for treatment in the event you cannot reach your dialysis facility.
2. Prepare an emergency stock of supplies, food, and medicines. (See emergency supply checklist on page 8, and emergency grocery list on page 4).
3. 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.

## Steps to Take 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. If you cannot reach your dialysis facility, contact your ESRD Network for assistance.
4. Start to follow your emergency diet (see pages 4 and 5).
5. Contact your water and/or electric utility companies if you are without power and water. Notify them of your special needs.



# 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
<b>Breakfast</b>	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)
<b>Snack</b>	Vanilla wafers (5) or graham crackers (1-1/2 squares)	1/2 cup canned applesauce	Vanilla wafers (5) or graham crackers (1-1/2 squares)
<b>Lunch</b>	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
<b>Snack</b>	1/2 cup canned applesauce	1/2 cup canned applesauce	1/2 cup canned applesauce
<b>Dinner</b>	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
<b>Snack</b>	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: \_\_\_\_\_  
(NAME OF CENTER)

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Your doctors:

- Nephrologist Name: \_\_\_\_\_  
Phone: \_\_\_\_\_
- Primary Care Name: \_\_\_\_\_  
Phone: \_\_\_\_\_
- Surgeon Name: \_\_\_\_\_  
Phone: \_\_\_\_\_
- Other Doctor Name: \_\_\_\_\_  
Phone: \_\_\_\_\_

Primary ESRD diagnosis: \_\_\_\_\_

Other medical conditions: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Allergies: \_\_\_\_\_

\_\_\_\_\_

# Contact Information

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

Date updated: \_\_\_\_\_

## Personal Information

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
- \_\_\_ pack of napkins and paper plates
- \_\_\_ pack of plastic or styrofoam bowls
- \_\_\_ paper towels
- \_\_\_ pack of plastic cups
- \_\_\_ candles
- \_\_\_ matches
- \_\_\_ can opener (manual)
- \_\_\_ baby wipes
- \_\_\_ sharp knife
- \_\_\_ flashlight & batteries
- \_\_\_ scissors
- \_\_\_ garbage bags
- \_\_\_ plastic jug for storing water
- \_\_\_ measuring cups, teaspoons and tablespoons, dropper
- \_\_\_ 1 small bottle of household chlorine bleach
- \_\_\_ piece of cloth, cheese cloth, or handkerchief
- \_\_\_ strainer
- \_\_\_ extra pair of eye glasses (in case first pair breaks)
- \_\_\_ 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.

