

Precautions to take

Begin Emergency Diet:

1. Restrict fluids to half of your usual intake.
2. No salt, salty foods, salt substitutes (potassium chloride).
3. No high potassium foods (see your Nutrition & Dialysis food list).
4. Limit fruits & vegetables to 4 servings a day (serving is 1/2 cup).
5. Restrict protein foods, meat, fish, poultry, egg or peanut butter to 2-3 ounces (60-90 grams) a day or 1/2 your usual intake.
6. Restrict milk or yogurt to 1/3 cup a day (evaporated milk 1/4 cup). Use plain rice milk if available. **Count milk or rice milk as part of your fluid restriction.**
7. Use unsalted crackers, cookies, white rice, noodles, cereal, roti or bread to add calories.
8. If not diabetic use jam, jelly, honey, sugar, candies, margarine, butter or oil freely to add calories.
9. If you have diabetes, keep instant glucose tablets, sugar, jam, candies, low potassium fruit juices or sugared pop on hand to treat low blood glucose.

This diet is not a substitute for dialysis.

Be prepared:

- Have an emergency pack filled with food and supplies on hand.
- Keep at least 3 days medication on hand and keep an updated list on hand

Frequently Asked Questions

If I miss dialysis should I take my Kayexalate?

For those living outside city limits it is important to have filled and on hand. **Do not take this medication unless directed by the dialysis staff to do so.** Mix with water or ginger ale.

If I miss a dialysis treatment and feel short of breath what do I do?

Adhere to your diet restrictions and limit fluid and salt intake. If you get very short of breath, go to local Emergency Department. **Inform them you are a dialysis patient.**

QUICK OVERVIEW:

Prepare For A Disaster:

- * Keep this pamphlet handy
- * Tell dialysis unit of phone or address changes
- * Keep current medication list with at least 3 day of supply on hand
- * Plan ahead by having an emergency pack and alternative transportation plans

After A Disaster:

- * If safe to do so stay at home, unless site unsafe or require medical attention
- * Wait for instructions via radio, TV, phone
- * Begin emergency diet
- * If evacuated, tell them you're a dialysis patient and your medical information
- * Be prepared to have your dialysis date or time shift or be at another unit



An equilateral triangle within a circle is the international symbol for emergency management. The blue triangle represents harmony, balance and calm while the orange circle is the sign of alert and danger.

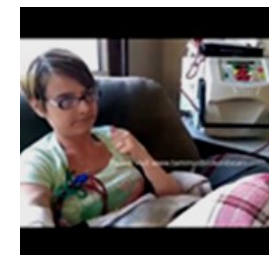


London Health Sciences Centre

Dialysis Patient Emergency Guide: Being Prepared



London Health Sciences Centre



Emergency Numbers:
Dialysis Unit: _____
Transportation: _____
Alternative Transportation: _____

Being Prepared for an Emergency

This pamphlet is designed for the peritoneal dialysis and hemodialysis patient. Whether you receive your dialysis in-centre, within a Satellite, or at home this guide will instruct you through the necessary steps to manage your renal needs in case of an emergency situation.

What do we mean by an emergency?

- * Not being able to start/ finish your dialysis treatment due to an ongoing water or power disruption
- * Not able to make it to your dialysis treatment centre due to a natural disaster eg) blizzard
- * Hospital emergency directly affecting dialysis services

What should I do if an emergency is initiated?

- * Stay at home, unless hurt. If not at home notify dialysis facility of address & telephone change
- * If doing home dialysis—notify dialysis unit of type of emergency
- * If weather related—notify dialysis unit of type of emergency
- * If initiated by dialysis unit—wait at home for instructions. Depending on nature of emergency the hospital will provide updates via TV , radio or telephone
- * For large scale emergencies: If you have no contact from the dialysis unit then go to nearest shelter, emergency reception centre or the Emergency Department. **Tell them you need dialysis.**

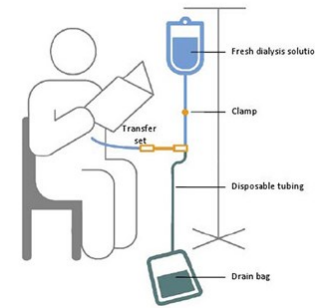


In-Centre & Satellite Hemodialysis

- * Call into your regular dialysis unit and notify of type of emergency
- * For large scale emergencies the dialysis unit may also be affected. Note: they may be directly dealing with the emergency so leave a message on the machine with your name, contact number, regular dialysis date/time and a staff representative will call you back at their earliest convenience. Be available by phone and await instructions
- * Dialysis times and dates are subject to change as we try our best to prioritize care. The Nephrologist will determine whether you are seen the same day or are stable enough to wait a few days between dialysis treatments.
- * We will try our best to keep you at your home unit but depending on the nature of the emergency you may be directed to other dialysis units (within the same town or neighbouring cities)
- * Always have an alternative ride in place (family member, friend, city bus, taxi) as a back up plan
- * Be prepared! Just because you can make it into the unit doesn't mean you can make it back home. Plan ahead!
- * If a snow storm is coming, try to make arrangements to stay closer to your dialysis centre

Peritoneal Dialysis (PD)

- * **Do not use a generator to run your cyclor**
- * Turn off cyclor machine and unplug it
- * Switch to twin bag exchanges during the power outage
- * Remember to call the PD unit if any questions or concerns
- * Aranesp: If power has been out for more than 12 hours refrigerate at a friend who has power



Home Hemodialysis (HHD)

- * If a storm is forecast try to do your dialysis treatment before the storm starts
- * **Do not use a generator to run your dialysis system**
- * If power outage occurs while dialyzing, machine must be disinfected prior to next treatment.
- * **If power out longer than 72 hours disinfect both the dialysis machine and the water treatment system.**
- * Remember to call the HHD unit with any questions or concerns or to make alternative dialysis arrangements. Refer to teaching manual
- * Aranesp: If power has been out for more than 12 hours refrigerate at a friend who has power

When an
emergency
strikes...
we're ready!
How prepared
are you?