



PLANNING FOR AN EMERGENCY

After an emergency dialysis may not be available...Are you prepared!

PREPARING FOR AN EMERGENCY

~~UNPREPARED~~

- ✓ Keep a copy of the "Dialysis Patient Emergency Guide: Being Prepared" with you
- ✓ Tell dialysis unit of phone or address changes
- ✓ Keep current medication list with at least 3 day supply on hand
- ✓ Plan ahead by having an emergency pack and alternative transportation plans

DURING AN EMERGENCY



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

EMERGENCY RENAL DIET:

Avoid salty and high potassium foods; for each day without dialysis, have no more than:



2 cups of fluid



3-4 servings of low potassium fruits (pears, apples, canned); one serving =one small piece or 1/2 cup canned fruit or juice



1 can (size of deck of cards) of lower salt fish, poultry or meat, or 2-3 Tbsp peanut butter