# Emergency Preparedness Resource for Pennsylvania and Delaware Dialysis Patients

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INTRODUCTION

The following information has been developed to help you in the event of an emergency that might cause a delay in your dialysis treatment or is a threat to your environment. As you read this guide you will think of additional ideas or questions about what you would do in an emergency. We encourage you to speak with your dialysis unit staff about any ideas you may want to share or any questions you have. While none of us like to think about something bad happening, taking the time to review this information and prepare for emergencies now, will not only save you time and worry later, but also may save your life.

Emergencies can take many different forms. They can include a delay in your treatment or a need to travel to another dialysis center for your next treatment. We, in Northeastern United States, historically do not face as many natural disasters as our friends in other parts of the country. Yet, we have seen an increased number of snowstorms, floods, fires, tornados or most recently Super Storm Sandy. You cannot control where or when a disaster may strike, but you can control how you react and what you do should a disaster occur.

Included in the following information are suggested diets you can follow if you are unable to dialyze in your dialysis unit for a period of time. We have also provided a list of foods for use in an emergency situation if you cannot get to the market for an extended period of time.
In the case of an emergency, if you are unable to be dialyzed at your unit, you may be scheduled to dialyze in another unit. The more you know and understand about your treatment, the more information you can share. You will find a Dialysis Patient Information Form, Treatment Information Form, and a Medication List at the end of this booklet. It is very important that you complete them and update any treatment or medication changes. During an emergency your unit will share as much information as possible about your treatment needs. Please understand there may be that rare emergency when little information is available. If you are sent to another unit, the dialyzer or the number of hours of your treatment may be different. It is most important that you are aware of any allergies you may have, including medications and dialyzers, so you can share this information with the unit where you will receive your treatment. The emergency diet in this manual will help you control your fluid and food intake.

**Remember:** communication and teamwork are most important in an emergency situation.
**FROM THE SOCIAL WORKER**

In case of an emergency (fire, flood, snowstorm, tornado, etc.), you may not be able to have your next scheduled dialysis treatment at the same place or time. Please be flexible if changes must be made due to the emergency.

**Shelter**

Please have a list of places where you may stay in case you are evacuated from your home, such as a friend, relative, or Red Cross shelter. Obtain phone numbers for all those places and provide them to the dialysis unit.

**Transportation**

Please have alternative transportation available if your usual ride is not available. This can also be friends, relatives, or another patient. This is a good time to buddy up with a patient, if you have not already done so. You can share lodging, transportation, and not feel so alone if you have someone to check up on and vice versa.

Again, please provide the dialysis unit with as many phone numbers as possible. They will need to contact you about any change in your treatment schedule.

Also, please do not be shy about asking for help. People will not feel imposed upon in a time of crisis. In fact, in a time of crisis, people want to help. It makes them feel good about themselves!
Stress Reactions

It is very normal to feel anxious and upset when you are involved in a disaster or crisis situation. The dialysis patient may feel the symptoms more intensely than another individual who does not have to plan for life-sustaining treatments daily/weekly.

The following signs and symptoms are very common in crisis situations. You may experience just one or several at a time. Do not be too alarmed; these symptoms are very normal. If however, they last longer than 2 to 4 weeks and are affecting your health, please talk to a member of the dialysis team (doctor, nurse, social worker).

COMMON SYMPTOMS OF STRESS

- Anxiety
- Irritability
- Nightmares
- Sleeplessness
- Appetite Loss
- Inability to Concentrate
- Crying Spells
- Memory Problems
- Anger
- Panic Attacks
- Difficulty Making Decisions
- Feeling Overwhelmed

Remember in most cases, you are reacting very normally to an abnormal situation. Some things that you can do for yourself and your family during this time are the following:

- Recognize your own feelings
- Talk to others; it will help relieve your stress
- Accept help from others
- Get enough rest
- Get as much physical activity as possible
- Eat as healthy a diet as possible
EMERGENCY PREPAREDNESS PLAN FOR THE DIALYSIS PATIENT

- Know the Emergency Preparedness Plan of your dialysis unit.

- Provide unit with current telephone numbers: personal, relative, and friend.

- Maintain a week’s supply of your current medications at all times. Ask your nurse about instructions for Kayexalate administration.

- Know how to care for your access.

- Maintain emergency supplies. **EXAMPLE:** Flashlight or battery powered lantern with extra batteries and important personal items, manual can-opener, paper goods, and plasticware.

- Remain at home and listen for public service broadcasts on local radio or TV stations. Your dialysis unit staff will attempt to contact you.

- If you must seek shelter take your week's supply of medications, your emergency supplies, personal items, blanket, and Medic Alert ID information.

- Know your dietary guidelines for emergency preparedness.

- Maintain dietary supplies.
ABOUT YOUR DIET

If you are unable to receive your scheduled dialysis treatment due to extreme weather or any other disaster, remember:

Follow the suggested Emergency Diet in this booklet and/or changes which you have discussed with your dietitian. **Be sure to choose the correct diet version and grocery list.** Included are diets and grocery lists for adults (diabetic and non-diabetic) and one for pediatric patients. This diet is intended to limit the sodium; potassium, protein, and fluid load on your body in the event that your time between treatments is extended beyond your control. Following this diet will lessen the risk of high blood pressure, shortness of breath, or increased potassium levels that could cause your heart to stop. You should follow this diet **only** for the period of time that is necessary until your dialysis services can be resumed.

**DIABETIC SUPPLIES:**

IF YOU ARE A DIABETIC PATIENT, MAKE SURE YOU HAVE THE FOLLOWING AS PART OF YOUR EMERGENCY FOOD SUPPLIES:

* Extra insulin and syringes
* Extra batteries for your blood-sugar testing device
* Extra supply of sugar, honey, glucose tablets or hard candy in case of low blood-sugar reactions
**FLUIDS:**
IT IS NECESSARY TO RESTRICT FLUIDS EVEN MORE THAN BEFORE!

* Take your phosphate binder with the fluid specified in your meal plan.
* Your 2 cup daily limit allows for 4 ounces or ½ cup of fluid in addition to the 1-1/2 cups in your meal plan. Canned or bottled carbonated beverages will provide more calories than bottled water and are often a better choice for non-diabetics.
* Chew gum or suck on hard candies to quench thirst.

**SODIUM:**

* Avoid table salt and salt substitutes.
* Flavor food with herbed seasoning, garlic powder, and lemon juice.
* One egg or one ounce of meat (cooked) that has been stored at a safe temperature can be substituted for ¼ cup of low sodium canned meat.

**FOOD SAFETY:**

* If foods that normally require refrigeration cannot be kept cold enough, they should not be consumed after 4 hours.
* Use ice or snow to keep foods chilled when refrigeration is not available.
**FOOD STORAGE:**

* Keep foods stored in a sturdy box on the floor in a closet, service porch or garage (away from water or animals).
* Rotate bottled water every six months.
* Breads should be stored in your freezer. Crackers and cereals should be stored in a tin or sealed container and rotated monthly.
* Powdered drinks such as Wyler’s® or Crystal Light® can be kept on hand, but require water. Avoid sports drinks such as Gatorade®.
* Store sugar, candies and dry milk in a sealed container to protect from insects.

**SUPPLEMENT OPTION:**

* If purchasing emergency food supplies keeps falling to the bottom of your to do list, you might want to consider purchasing a convenient specialized liquid nutrition product to drink instead of following the suggested meal plan. Your dietitian can advise you of the commercially prepared product that will provide lower amounts of protein, sodium, potassium, and fluid. This option reduces concerns for storage, space, and preparation. Your dietitian can help you to determine the correct amount to consume and how to adjust your other fluid intake.
Adult Diets

Adult Non-Diabetic
THREE DAY MEAL PLAN FOR EMERGENCIES

The sample meal plan given contains approximately 42 grams of Protein, 1200 mgs Sodium, 1200 mgs Potassium, and 630 mgs Phosphorus, for a total of 1925 calories per day.

**Day 1**

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup Rice Dream (Classic, not enriched)</td>
<td>2 slices white bread</td>
<td>2 slices white bread</td>
</tr>
<tr>
<td>¾ cup dry cereal</td>
<td>2 ounces unsalted tuna fish*</td>
<td>2 ounces unsalted chicken*</td>
</tr>
<tr>
<td>1 tablespoon sugar</td>
<td>1 tablespoon margarine, oil, or mayonnaise*</td>
<td>2 tablespoons margarine, oil, or mayonnaise*</td>
</tr>
<tr>
<td>½ cup drained pineapple</td>
<td>½ cup low sodium green beans</td>
<td>½ cup drained pears</td>
</tr>
<tr>
<td></td>
<td>½ cup cranberry juice or drink from powdered mix</td>
<td>½ cup cranberry juice or drink from powdered mix</td>
</tr>
</tbody>
</table>

**Morning Snack** | **Afternoon Snack** | **Evening Snack**
<table>
<thead>
<tr>
<th></th>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>10 candies (See grocery list)</td>
<td>10 marshmallows</td>
<td>5 vanilla wafers or 5 sugar wafers or 3 graham cracker squares or 6 unsalted crackers</td>
</tr>
<tr>
<td>½ cup applesauce</td>
<td>2 tablespoons honey or jelly as desired on wafers</td>
<td></td>
</tr>
<tr>
<td>10 candies</td>
<td>10 candies</td>
<td></td>
</tr>
</tbody>
</table>

*If unable to keep food chilled in refrigerator, after opening, keep packed in cooler with ice or snow and discard at the end of the day.
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**Day 2**

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<thead>
<tr>
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<tbody>
<tr>
<td>1/2 cup Rice Dream (Classic, not enriched)</td>
<td>2 slices white bread</td>
<td>2 slices white bread</td>
</tr>
<tr>
<td>¾ cup dry cereal</td>
<td>2 ounces unsalted turkey*</td>
<td>2 ounces unsalted chicken*</td>
</tr>
<tr>
<td>1 tablespoon sugar</td>
<td>1 tablespoon margarine, oil, or mayonnaise*</td>
<td>2 tablespoons margarine, oil, or mayonnaise*</td>
</tr>
<tr>
<td>½ cup drained peaches</td>
<td>4 spears low sodium asparagus</td>
<td>½ cup drained pineapple</td>
</tr>
<tr>
<td></td>
<td>½ cup cranberry juice or drink from powdered mix</td>
<td>½ cup cranberry juice or drink from powdered mix</td>
</tr>
</tbody>
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<th>Morning Snack</th>
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<th>Evening Snack</th>
</tr>
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<tbody>
<tr>
<td>½ cup applesauce</td>
<td>10 marshmallows</td>
<td>5 vanilla wafers or 5 sugar wafers or 3 graham cracker squares or 6 unsalted crackers</td>
</tr>
<tr>
<td>10 candies</td>
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<td>2 tablespoons honey or jelly as desired on wafers</td>
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**Day 3**

<table>
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<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup Rice Dream (Classic, not enriched)</td>
<td>2 slices white bread</td>
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</tr>
<tr>
<td>¾ cup dry cereal</td>
<td>2 ounces unsalted tuna fish*</td>
<td>2 ounces unsalted turkey*</td>
</tr>
<tr>
<td>1 tablespoon sugar</td>
<td>1 tablespoon margarine, oil, or mayonnaise*</td>
<td>2 tablespoons margarine, oil, or mayonnaise*</td>
</tr>
<tr>
<td>½ cup drained pears</td>
<td>½ cup low sodium carrots</td>
<td>½ cup drained cherries</td>
</tr>
<tr>
<td></td>
<td>½ cup cranberry juice or drink from powdered mix</td>
<td>½ cup cranberry juice or drink from powdered mix</td>
</tr>
</tbody>
</table>

**Morning Snack** | **Afternoon Snack** | **Evening Snack**

| 10 marshmallows | 10 candies | 5 vanilla wafers or 5 sugar wafers or 3 graham cracker squares or 6 unsalted crackers |
| ½ cup applesauce |            | 2 tablespoons honey or jelly as desired on wafers |
| 10 candies (See grocery list) | | 10 candies |

*If unable to keep food chilled in refrigerator, after opening, keep packed in cooler with ice or snow and discard at the end of the day.
SUGGESTED GROCERY LIST FOR EMERGENCIES
ADULT RENAL NON-DIABETIC DIET

**BREAD/CEREAL** (Choose 5-6 servings per day)
- White bread
- Graham Crackers
- Unsalted Crackers (plain)
- Vanilla Wafers or Sugar Wafers

- Dry Cereal (sweetened preferred)
- Puffed Wheat
- Puffed Rice
- Crisp Rice

**FRUITS/JUICES** (Choose 2-4 servings per day)
- Canned applesauce, pears, peaches, cherries, or pineapple

**FISH/MEAT** (4 oz. per day)
- Choose from:
  - Canned (packed in water) Tuna, Chicken, or Turkey

**FROZEN OR SHELF STABLE Rice Dream (Classic, not enriched)**
(4 oz. per day)

**SWEETS**
- Choose from:
  - Marshmallows
  - Sugar
  - Assorted candies (jelly beans, sourballs, mints, hard candies)
  - Honey
  - Jelly

**VEGETABLES** (½ cup/day)
- Choose from canned: low sodium green beans, asparagus, or carrots

**FATS** (Choose 6 or more servings per day)
- Margarine*
- Mayonnaise (perishable after opening)*
- Oil (olive or vegetable)

**OTHER BEVERAGES** (Limit to ½ cup/day in addition to meal plan)
- 1 gallon of Spring Water
- Gingerale or Lemon-Lime Soda
- Cranberry Juice
- Powdered Juice Mix (Wyler’s®)

**OTHER**
- Herbal Seasoning
- Breath Spray
- Fresh or Reconstituted Lemon Juice
- Garlic Powder
- Chewing Gum

*Individual mayonnaise or margarine packets are recommended to avoid spoilage
Adult Diabetic  
THREE DAY MEAL PLAN FOR EMERGENCIES

The sample meal plan given contains approximately 43 grams of protein, 1200 mgs sodium, 1300 mgs potassium, 675 mgs phosphorus, and 190 grams carbohydrate, for a total of 1700 calories per day. You can adjust menus to fit your individual taste with the help of your dietitian. These meal plans are stricter than your normal renal-diabetic diet to keep poisons from building up in your blood.

**Day 1**

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
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<tbody>
<tr>
<td>½ cup Rice Dream (Classic, not enriched)</td>
<td>2 slices white bread</td>
<td>2 slices white bread</td>
</tr>
<tr>
<td>¾ cup dry cereal</td>
<td>2 ounces unsalted tuna fish*</td>
<td>2 ounces unsalted chicken*</td>
</tr>
<tr>
<td>½ cup drained pineapple (canned in juice)</td>
<td>1 ½ tablespoons margarine, oil, or mayonnaise*</td>
<td>1 ½ tablespoons margarine, oil, or mayonnaise*</td>
</tr>
<tr>
<td></td>
<td>½ cup low sodium green beans</td>
<td>½ cup drained peaches (canned in juice)</td>
</tr>
<tr>
<td></td>
<td>½ cup cranberry juice **</td>
<td>¼ cup cranberry juice **</td>
</tr>
<tr>
<td><strong>Afternoon Snack</strong></td>
<td><strong>Evening Snack</strong></td>
<td></td>
</tr>
<tr>
<td>½ cup applesauce (sugar-free)</td>
<td>¼ cup cranberry juice **</td>
<td>5 vanilla wafers or 3 graham cracker squares or 6 unsalted crackers</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 teaspoon margarine and 1 ½ teaspoons jelly</td>
</tr>
</tbody>
</table>

*If unable to keep food chilled in refrigerator, after opening, keep packed in cooler with ice or snow and discard at the end of the day.  
**Low calorie Cranberry Juice
Adult Diabetic
THREE DAY MEAL PLAN FOR EMERGENCIES
(Continued)

The sample meal plan given contains approximately 43 grams of protein, 1200 mgs sodium, 1300 mgs potassium, 675 mgs phosphorus, and 190 grams carbohydrate, for a total of 1700 calories per day. You can adjust menus to fit your individual taste with the help of your dietitian. These meal plans are stricter than your normal renal-diabetic diet to keep poisons from building up in your blood.

Day 2

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>½ Cup Rice Dream (Classic, not enriched)</td>
<td>2 slices white bread</td>
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</tr>
<tr>
<td>¾ cup dry cereal</td>
<td>2 ounces unsalted turkey*</td>
<td>2 ounces unsalted chicken*</td>
</tr>
<tr>
<td>½ cup drained peaches (canned in juice)</td>
<td>1 ½ tablespoons margarine, oil, or mayonnaise*</td>
<td>1 ½ tablespoons margarine, oil, or mayonnaise*</td>
</tr>
<tr>
<td>4 spears low sodium asparagus</td>
<td>½ cup drained pears (canned in juice)</td>
<td></td>
</tr>
<tr>
<td>½ cup cranberry juice **</td>
<td>¼ cup cranberry juice **</td>
<td></td>
</tr>
</tbody>
</table>

**Afternoon Snack**

<table>
<thead>
<tr>
<th>Afternoon Snack</th>
<th>Evening Snack</th>
<th></th>
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</thead>
<tbody>
<tr>
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<td>¼ cup cranberry juice **</td>
<td></td>
</tr>
<tr>
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<td></td>
<td>1 teaspoon margarine and 1 ½ teaspoons jelly</td>
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**Low calorie Cranberry Juice
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### Day 3

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<tr>
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<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ Cup Rice Dream (Classic, not enriched)</td>
<td>2 slices white bread</td>
<td>2 slices white bread</td>
</tr>
<tr>
<td>⅔ cup dry cereal</td>
<td>2 ounces unsalted tuna fish*</td>
<td>2 ounces unsalted turkey*</td>
</tr>
<tr>
<td>½ cup drained pears (canned in juice)</td>
<td>1 ½ tablespoons margarine, oil, or mayonnaise*</td>
<td>1 ½ tablespoons margarine, oil, or mayonnaise*</td>
</tr>
<tr>
<td></td>
<td>½ cup low sodium carrots</td>
<td>½ cup drained cherries (canned in juice)</td>
</tr>
<tr>
<td></td>
<td>½ cup cranberry juice **</td>
<td>¼ cup cranberry juice **</td>
</tr>
<tr>
<td><strong>Afternoon Snack</strong></td>
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<td></td>
<td>1 teaspoon margarine and 1 ½ teaspoons jelly</td>
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**Low calorie Cranberry Juice
SUGGESTED GROCERY LIST FOR EMERGENCIES
ADULT RENAL DIABETIC DIET

**BREAD/CEREAL** (Choose 5 servings per day)
- White Bread
- Vanilla Wafers
- Graham Crackers
- Unsalted Crackers (plain)
- Dry Cereal
- Puffed Wheat
- Puffed Rice
- Crisped Rice

**FRUITS** (Choose 3 servings per day canned in own juices)
- Applesauce
- Pears
- Peaches
- Pineapple
- Cherries

**FISH/MEAT** (Choose 4 ounces per day)
- Canned Tuna in water
- Canned Chicken in water
- Canned Turkey in water

**VEGETABLES** (1 serving per day)
Choose from canned: low sodium asparagus, green beans, or carrots

**FROZEN OR SHELF STABLE Rice Dream** (Classic, not enriched)
(4 ounces per day)

**FATS** (10 servings per day)
- Margarine**
- Oil (olive or vegetable)
- Mayonnaise (perishable after opening) **

**HIGH CALORIC FOODS** (Choose 3 servings per day and if needed 1 serving to raise blood sugar)
- Honey (1 Tablespoon=1 serving)
- Sugar (4 teaspoons=1 serving)
- Powdered Drink Mix (½ cup, mixed)
- Jelly (1 Tablespoon=1 serving)
- Low calorie Cranberry Juice (½ cup)
- Carbonated Beverages (½ cup)

**OTHER BEVERAGES** (Limit to ½ cup/day in addition to meal plan)
- 1 gallon of Spring Water
- Diet lemon-lime carbonated beverage or Diet ginger ale

**OTHER** (seasoning and fluid control aids)
- Breath spray
- Herbal seasoning or garlic powder
- Fresh or reconstituted lemon juice
- Sugarless gum

**SUGAR FREE HARD CANDIES**, as desired

**Individual mayonnaise or margarine packets are recommended to avoid spoilage**
### ADULT DIABETIC MENU PATTERN

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 milk substitute (½ cup)</td>
<td>2 starches</td>
<td>2 starches</td>
</tr>
<tr>
<td>1 starch</td>
<td>2 meats</td>
<td>2 meats</td>
</tr>
<tr>
<td>1 fruit</td>
<td>4 ½ fat</td>
<td>4 ½ fat</td>
</tr>
<tr>
<td>1 vegetable</td>
<td>1 fruit</td>
<td></td>
</tr>
<tr>
<td>1 high calorie</td>
<td>1/2 high calorie</td>
<td></td>
</tr>
</tbody>
</table>

#### Afternoon Snack

| 1 fruit                          | 1 starch       |

| 1 fat                            | 1 high calorie |
Pediatric Diet

Pediatric Three Day Meal Plan
For Emergencies

Serving sizes vary according to the age of the child. As always, food consistency and choking hazards need to be considered on an individual basis.

For children who still drink formula, the meal plan should be adjusted for the child to drink formula instead of the other beverages listed. Formula should be prepared one bottle at a time as needed.

You are encouraged to discuss portion sizes as well as food preferences and substitutions with your renal nutritionist.

It is necessary to limit fluids even more than before.
Pediatric
THREE DAY MEAL PLAN FOR EMERGENCIES

Adjust the amount of food according to the age of the child. For children who are still on formula, give formula instead of juices.

Day 1:

**Breakfast**  
Rice Dream (Classic, not enriched)  
Dry Cereal  
Sugar  
Drained Canned Pineapple

**Mid morning snack**  
Candy (see Sweets List)

**Lunch**  
Tuna Sandwich  
- White Bread  
- Unsalted Canned Tuna* (packed in water)  
- Low Sodium Mayonnaise or Margarine  
Low Sodium Canned Green Beans  
Wyler’s®

**Afternoon snack**  
Applesauce and Marshmallows

**Dinner**  
Chicken Sandwich  
- White Bread  
- Unsalted Canned Chicken* (packed in water)  
- Low Sodium Mayonnaise or Margarine  
Canned Pears  
Cranberry Juice

**Bedtime snack**  
Graham Crackers with Jelly  
Candy (see Sweets List)

* If unable to keep food chilled in refrigerator after opening, keep packed in cooler with ice or snow and discard at the end of the day.
Pediatric
THREE DAY MEAL PLAN FOR EMERGENCIES
(Continued)

Day 2:

Breakfast
- Rice Dream (Classic, not enriched)
- Cream of Wheat®
- Sugar
- Canned Drained Peaches

Mid morning snack
- Sugar Wafers
- Ginger Ale

Lunch
- Turkey Sandwich
  - White Bread
  - Unsalted Canned Turkey* (packed in water)
  - Low Sodium Mayonnaise or Margarine
- Low Sodium Canned Carrots
- Wyler’s®

Afternoon snack
- Unsalted Pretzels
- Candy (see Sweets list)

Dinner
- Chicken Sandwich
  - White Bread
  - Unsalted Canned Chicken* (packed in water)
  - Low Sodium Mayonnaise or Margarine
- Canned Cherries
- Cranberry Juice

Bedtime snack
- Vanilla Wafers
- Candy (see Sweets List)

* If unable to keep food chilled in refrigerator after opening, keep packed in cooler with ice or snow and discard at the end of the day.
Pediatric
THREE DAY MEAL PLAN FOR EMERGENCIES
(Continued)

Day 3:

Breakfast  Rice Dream (Classic, not enriched)
            Dry Cereal
            Sugar
            White Bread with Jelly

Mid morning snack  Applesauce
                     Candy (see Sweets List)

Lunch  Tuna Sandwich
       • White Bread
       • Unsalted Canned Tuna* (packed in water)
       • Low Sodium Mayonnaise or Margarine
       Canned Pineapple
       Ginger Ale

Afternoon snack  Unsalted Pretzels
                 Wyler’s®

Dinner  Turkey Sandwich
        • White Bread
        • Unsalted Canned Turkey* (packed in water)
        • Low Sodium Mayonnaise or Margarine
        Low Sodium Canned Corn
        Cranberry Juice

Bedtime snack  Canned Peaches (drained)
                Graham Crackers

* If unable to keep food chilled in refrigerator after opening, keep packed in cooler with ice or snow and discard at the end of the day.
Pediatric
Suggested Grocery List for Emergencies

**Bread/cereal/starches**

- Sliced white bread (substitutions: white rice, noodles, spaghetti, macaroni, or unsalted crackers)
- Dry cereal (sweetened preferred)
- Puffed rice / Crisped rice (substitutions: Cream of Wheat®, Cream of Rice®, or Farina)
- Sugar wafers (or sugar cookies)
- Vanilla wafers
- Graham crackers
- Unsalted pretzels

**Fruits/juices**

Canned (sweetened or in syrup) applesauce, pears, peaches, pineapple, or cherries

**Fish/meat/poultry**

Canned (packed in water) and unsalted: tuna, chicken, or turkey. (Preferably small cans to avoid waste or spoilage)

**Frozen or shelf stable liquid Rice Dream (Classic, not enriched)**

**Sweets**

Marshmallows, sugar, jelly, honey, hard candy, gum drops, jelly beans, sourballs, mints, etc.
Vegetables

Canned low-sodium green beans, carrots, corn
(Substitutions: canned mushrooms or asparagus)

Fats

- Low sodium mayonnaise and margarine (preferably individual packets or very small jars to avoid spoilage)
- Oil

Other beverages

- Spring water
- Ginger ale
- Lemon lime soda (no cola drinks)
- Cranberry juice
- Wyler’s®

Other

- Herbal seasonings
- Garlic powder
- Onion powder
- Breath spray
- Chewing gum
- Fresh or reconstituted lemon juice

Formula

Powdered formula (prepare one bottle at a time as needed)
IMPORTANT EMERGENCY PATIENT INFORMATION

COMPLETE AND UPDATE AS NEEDED

- Dialysis Patient Information
- Emergency Contact Information
- Your Home Dialysis Center Information
- Treatment Information
- Additional Medical Information
  - Medication List
Dialysis Patient Information

Date Completed or Updated: ___/___/______

Name: _____________________________________________________

DOB ___/___/_____ Sex:    Male _____   Female _____

Home Address: ______________________________________________

City: _____________________________   State: ______ Zip: ________

Home Phone: _______________ Cell Phone: ________________

Other Phone: _______________ Email: __________________________

Social Security # ___-___-______

Medicare Card Number: ______________________________________

Insurance Carrier (name): ____________________________________

Insurance Policy Number: ____________________________________

Insurance Phone Number: ____________________________________

Date of First Dialysis: ___/___/______

Primary ESRD Diagnosis: _____________________________________

Secondary Diagnosis: _________________________________________

Drug/Food Allergies: _________________________________________

____________________________________________________________

Dialyzer Allergies: _________________________________________

____________________________________________________________

Dialysis Notes: ______________________________________________

___________________________________________________________
**EMERGENCY CONTACT INFORMATION**

Emergency Contact Name: ________________________________

  Relationship to Patient: ________________________________

  Main Phone: _______________  Cell Phone: _______________

Planned Evacuation Contact Name: __________________________

  Address: ______________________________________________

  City: __________________________  State: ______  Zip: ______

  Main Phone: _______________  Cell Phone: _______________

Out of State Emergency Contact (if available):

________________________________________________________________________

  Main Phone: _______________  Cell Phone: _______________

**YOUR HOME DIALYSIS CENTER INFORMATION**

Dialysis Unit Name: __________________________________________

  Address: ______________________________________________

  City: __________________________  State: ______  Zip: ______

  Phone: _______________________  Fax: ____________________

  Corporate Affiliation: ______________________________________

  Corporate Phone Number: ___________________________________

Nephrologist Name: ______________________  Phone: ______________

Name of Clinic Manager: _______________________________________

Name of Clinic Social Worker: ___________________________________

Usual Source of Transportation: ________________________________
# TREATMENT INFORMATION

Name: ______________________________________________ Date: ____/____/_____

Hemodialysis Treatment Information

<table>
<thead>
<tr>
<th>Modality:</th>
<th>Times/Week:</th>
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<tbody>
<tr>
<td>Dialyzer:</td>
<td></td>
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<tr>
<td>Blood Flow Rate:</td>
<td>Prescribed Time:</td>
</tr>
<tr>
<td>Dialysate Flow:</td>
<td>Dry Weight: □ lb □ kg</td>
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<tr>
<td>Re-Use: Yes</td>
<td>Access Type:</td>
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<tr>
<td></td>
<td>Access Location:</td>
</tr>
</tbody>
</table>

Dialysate: Bicarb _____ Acetate _____ K _____ Na _____ Ca _____
Heparin Dose: _____ Method: __________ Lidocaine: Yes □ No □
(Anticoagulant) (Numbing agent)

Peritoneal Dialysis Patients
Type: CAPD _______ CCPD _______ NPD _______ System _______ Other _______
Other Specify: ___________________________________________________________
Prescription: ___________________________________________________________

| CAPD | | CCPD |
|------| |------|
| Exchange Volume _______ | # Cycles _______ | Dry Weight _______
| Dialysate ______________ | Night Volume _______ | ( lbs / kg )
| Exchanges/Day __________ | Dialysate _______ | Type of system
|                  | Day Volume _______ | or cycler _______
|                  | Dialysate _______ | Connection
|                  | Total Volume _______ | system _______
|                  | Fill Time___________ | Catheter
|                  | Dwell Time___________ | type _______
|                  | Drain Time___________ |
ADDITIONAL MEDICAL INFORMATION

Blood Pressure

Pre-Dialysis ___________   Usual Blood Pressure

Interdialytic ___________   _______________________

Post-Dialysis ___________

ESA Therapy Name: __________________________

Units: ____________ Route _____________ Times/Week: ______

Diagnostic Tests

HBsAg Status: ____________________________ / Date: ______________

HbsAB Status: ____________________________ / Date: ______________

HCV Status: _____________________________ / Date: ______________

TB Status: ______________________________ / Date: ______________

Blood Type: ______________________________

IMPORTANT!

IN THE EVENT OF AN EMERGENCY, ATTACH THE FOLLOWING AND KEEP THIS RESOURCE WITH YOU:

• ADVANCE DIRECTIVE
• TREATMENT RECORD FROM YOUR LAST 3 DIALYSIS TREATMENTS (Hemo or Peritoneal)
• MOST RECENT LABS
• COPY OF SUPPLY ORDER (Peritoneal Only)
• MEDICATION LIST (Sample on next page)
Medication List

Name: _________________________________ Date: ___/___/______

List Medications you are taking
(remember to periodically update this list to keep it current)

<table>
<thead>
<tr>
<th>Drug</th>
<th>Dose</th>
<th>How often you take this medication</th>
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Network 4 is one of the 18 End Stage Renal Disease (ESRD) Networks in the United States. Our goal is to make sure that you are receiving the best possible care at your dialysis or transplant center.

We do this by:

- Providing leadership to the renal health professionals who will be caring for you;
- Providing information and assistance with ESRD issues to you and your renal health care providers;
- Working with dialysis facilities on projects that will improve the quality of care you receive and ultimately your quality of life; and
- Providing assistance, when needed, to address concerns you may have about the renal care you receive.

The contents of this manual were developed by the Network 4 staff, renal community volunteers, and through collaboration with other ESRD Networks.

The analyses upon which this publication is based were performed under Contract Number HHSM-500-2016-00004C, entitled “Quality Insights Renal Network 4”, sponsored by the Centers for Medicare & Medicaid Services, Department of Health and Human Services. The conclusions and opinions expressed, and methods used herein are those of the author. They do not necessarily reflect CMS policy. The author assumes full responsibility for the accuracy and completeness of the ideas presented. This article is a direct result of the Health Care Quality Improvement Program initiated by CMS, which has encouraged identification of quality improvement projects derived from analysis of patterns of care, and therefore required no special funding on the part of this contractor. Ideas and contributions to the author concerning experience in engaging with issues presented are welcomed.