

# Needs for Individuals on Dialysis

In addition to completing the Family Plan, individuals who are on dialysis should compile the following information:

**Name** \_\_\_\_\_

## Insurance Information

Medicare Number \_\_\_\_\_ Other Insurance \_\_\_\_\_

## Medical Information

Primary End Stage Renal Disease (ESRD) diagnosis \_\_\_\_\_

Other medical condition(s) \_\_\_\_\_

Allergies or complications \_\_\_\_\_

Other (previous surgeries, illnesses, etc.) \_\_\_\_\_

## Usual dialysis treatment

Center hemodialysis

Home hemodialysis

Chronic ambulatory peritoneal dialysis (CAPD)

Intermittent peritoneal dialysis (IPD)

Chronic cycling peritoneal dialysis (CCPD)

## Usual dialysis prescription

Dialyzer brand name \_\_\_\_\_

Dialysate  CA  K  Bicarbonate Blood Type \_\_\_\_\_

Blood Flow Rate \_\_\_\_\_ Length of treatment \_\_\_\_\_ Frequency \_\_\_\_\_

Type of vascular access and location \_\_\_\_\_

Blood flow diagram 

Reuse  Yes  No

## Dialysis center

## Back-up

## Corporate contact

Name			
Address			
City			
State			
Zip			
Telephone			

## Transportation to center

## Back-up

Name	
Address	
City	
State	
Zip	
Telephone	

## Physicians

Name		
Address		
Telephone		

### Local utilities

Name			
Address			
Telephone			

### Current medications

Name				
Dosage				

Name				
Dosage				

Name				
Dosage				

If necessary, use additional sheets for current medications.

# Emergency Kit Checklist

In addition to the items listed in the Family Safety Guide, individuals who are on dialysis should gather the below items for their emergency supply kit. These supplies will aid individuals in preparing the special emergency diet.

- 5-7 day supply of all medicines
- 5 day supply of antibiotics (if you use peritoneal dialysis and recommended by your physician)
- Diuretics (fluid pills), sorbitol and Kayexalate for potassium control (if recommended by your physician)
- Measuring cups, teaspoons, tablespoons and droppers
- Sharp knife
- Plastic jug for storing water
- Piece of cloth, cheesecloth or handkerchief
- Strainer
- Dry or evaporated milk
- Soda and distilled or bottled water
- Fruit juice (cranberry, apple or grape)
- Cereal (no raisin bran)
- White sugar (or box of sugar packets)
- Canned fruit (pears, peaches, oranges, mixed fruit, applesauce, or pineapple. NO raisins).
- Canned low sodium vegetables (carrots, green beans, peas, corn, or wax beans)
- Canned low sodium meat (tuna, crab, chicken, salmon or turkey)
- Mayonnaise
- Bread (not salt-free with NO preservatives)
- Vanilla wafers or graham crackers
- Chewing gum and candy (sourballs, hard candy, jelly beans or mints)
- Marshmallows

If you are diabetic:

- 5-7 day supply of syringes
- 5-7 day supply of insulin (Keep cool, but do not freeze. Best kept refrigerated, but will keep at room temperature for up to one month)
- 5-7 day supply of glucose monitoring supplies like lancets and alcohol wipes
- If you use a glucose meter, have spare batteries and test strips

If you have heart disease:

- 5-7 day supply of all blood pressure, heart, or anti-clotting medications

Visit the Ready in 3 web site at [health.mo.gov/emergencies/readyn3](http://health.mo.gov/emergencies/readyn3) to print a copy of the special diet for individuals on dialysis and obtain more information on planning for emergencies.

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