

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 to print a copy of the special diet for individuals on dialysis and obtain more information on planning for emergencies.

Missouri Department of Health and Senior Services
Office of Emergency Coordination
P.O. Box 570
Jefferson City, MO 65102-0570
573.751.5152



#890 - 12-07