



**ESRD NETWORK 4, INC.**

*Emergency Preparedness Resource*

*For*

*Pennsylvania and Delaware*

*Dialysis Patients*

*Second Edition*

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

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**To: Network 4 Patients**

**From: Network 4 Medical Review Board**

**Subject: Patient Emergency Preparedness Manual**

**The blizzard of 96, the floods of 96, 04, & 05 and the tornados of 98 are prime examples of the unexpected havoc created by nature in the Network 4 geographical area. None of these disasters were expected to cause the devastation or the massive disruption to services and schedules that occurred.**

**In the aftermath and evaluation of all disasters, it was evident that without emergency preparedness even greater hardship, confusion, and illness could have resulted.**

**This manual is provided to you as a resource and reference. It will help you to be prepared in the event the unexpected strikes again. The information on the data sheet prepares you to receive treatment in an alternate dialysis center should it become necessary. The diet information is vital in the event of the disruption to your regular treatment.**

**The diets in the manual address the needs of hemodialysis patients. Patients on peritoneal dialysis will be better able to continue their treatment at home, however, the diet will be important if they are unable to obtain supplies, etc.**

**There is a special dietary section for pediatric dialysis patients. It provides a three-day meal plan and grocery list.**

**Keep the manual in a place where it can be reached quickly, if necessary. It is our hope you will read the manual and will then be prepared.**



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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 or most recently tornados. 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 number of hours of 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), 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	Crying Spells
Irritability	Memory Problems
Nightmares	Anger
Sleeplessness	Panic Attacks
Appetite Loss	Difficulty Making Decisions
Inability to Concentrate	Feeling Overwhelmed

Remember in most cases, you are reacting very normally to an abnormal situation. Some things 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 and 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.

## **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 1/2 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 often is a better choice for non-diabetics.
- \* Chew gum to quench thirst.

## **SODIUM:**

- \* Avoid table salt and salt substitutes.
- \* Flavor 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 1/4 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 Tang, Kool-Aid or Crystal Lite 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 may 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, 630 mgs. phosphorus, and 1925 calories.

### Day 1

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
1/2 cup non-dairy creamer	2 slices white bread	2 slices white bread
3/4 cup dry cereal	2 ounces unsalted tuna fish*	2 ounces unsalted chicken*
1 tablespoon sugar	1 tablespoon margarine, oil, or mayonnaise*	2 tablespoons margarine, oil, or mayonnaise*
1/2 cup drained pineapple	1/2 cup low sodium green beans	1/2 cup drained pears
	1/2 cup cranberry juice or drink from powdered mix	1/2 cup cranberry juice or drink from powdered mix
<b>Morning Snack</b>	<b>Afternoon Snack</b>	<b>Evening Snack</b>
10 candies (See grocery list)	10 marshmallows	5 vanilla wafers or 5 sugar wafers or 3 graham cracker squares or 6 unsalted crackers
	1/2 cup applesauce	2 tablespoons honey or jelly as desired on wafers
	10 candies	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.

# Adult Non-Diabetic

## THREE DAY MEAL PLAN FOR EMERGENCIES (Continued)

The sample meal plan given contains approximately 42 grams of protein, 1200 mgs. sodium, 1200 mgs. potassium, 630 mgs. phosphorus, and 1925 calories.

### Day 2

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
1/2 cup non-dairy creamer	2 slices white bread	2 slices white bread
3/4 cup dry cereal	2 ounces unsalted turkey*	2 ounces unsalted chicken*
1 tablespoon sugar	1 tablespoon margarine, oil, or mayonnaise*	2 tablespoons margarine, oil, or mayonnaise*
1/2 cup drained peaches	4 spears low sodium asparagus	1/2 cup drained pineapple
	1/2 cup cranberry juice or drink from powdered mix	1/2 cup cranberry juice or drink from powdered mix
<b>Morning Snack</b>	<b>Afternoon Snack</b>	<b>Evening Snack</b>
1/2 cup applesauce	10 marshmallows	5 vanilla wafers or 5 sugar wafers or 3 graham cracker squares or 6 unsalted crackers
10 candies	10 candies	2 tablespoons honey or jelly as desired on wafers
		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.

## **Adult Non-Diabetic THREE DAY MEAL PLAN FOR EMERGENCIES**

(Continued)

The sample meal plan given contains approximately 42 grams of protein, 1200 mgs. sodium, 1200 mgs. potassium, 630 mgs. phosphorus, and 1925 calories.

### **Day 3**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
1/2 cup non-dairy creamer	2 slices white bread	2 slices white bread
3/4 cup dry cereal	2 ounces unsalted tuna fish*	2 ounces unsalted turkey*
1 tablespoon sugar	1 tablespoon margarine, oil, or mayonnaise*	2 tablespoons margarine, oil, or mayonnaise*
1/2 cup drained pears	1/2 cup low sodium carrots	1/2 cup drained cherries
	1/2 cup cranberry juice or drink from powdered mix	1/2 cup cranberry juice or drink from powdered mix
<b>Morning Snack</b>	<b>Afternoon Snack</b>	<b>Evening Snack</b>
10 marshmallows	10 candies	5 vanilla wafers or 5 sugar wafers or 3 graham cracker squares or 6 unsalted crackers
1/2 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	Dry Cereal (sweetened preferred)
Graham Crackers	Puffed Wheat
Unsalted Crackers (plain)	Puffed Rice
Vanilla Wafers or Sugar Wafers	Crisped 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 tuna, Chicken, Turkey in water

### **FROZEN OR SHELF STABLE NON-DAIRY CREAMER** (4 oz. per day)

### **SWEETS**

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

### **VEGETABLES** (1/2 cup/day)

Choose from canned: low sodium green beans, asparagus, or carrots

### **FATS** (Choose 6 or more servings per day)

Margarine*	Oil (olive or vegetable)
Mayonnaise (perishable after opening)*	

### **OTHER BEVERAGES** (Limit to 1/2 cup/day in addition to meal plan)

1 gallon of Spring Water	Gingerale or Lemon-Lime Soda
Cranberry Juice	Powdered Juice Mix (Kool-Aid, Tang)

### **OTHER**

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

\*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, 190 grams carbohydrate, and 1700 calories. You can adjust menus to fit your individual taste with the help of your dietitian. These meal plans are more strict than your normal renal-diabetic diet to keep poisons from building up in your blood.

## Day 1

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
1/2 cup non-dairy creamer	2 slices white bread	2 slices white bread
3/4 cup dry cereal	2 ounces unsalted tuna fish*	2 ounces unsalted chicken*
1/2 cup drained pineapple (canned in juice)	1 1/2 tablespoons margarine, oil, or mayonnaise*	1 1/2 tablespoons margarine, oil, or mayonnaise*
	1/2 cup low sodium green beans	1/2 cup drained peaches (canned in juice)
	1/2 cup cranberry juice **	1/4 cup cranberry juice **
	<b>Afternoon Snack</b>	<b>Evening Snack</b>
	1/2 cup applesauce (sugar-free)	1/4 cup cranberry juice **
		5 vanilla wafers or 3 graham cracker squares or 6 unsalted crackers
		1 teaspoon margarine and 1 1/2 teaspoons jelly

\*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, 190 grams carbohydrate, and 1700 calories. You can adjust menus to fit your individual taste with the help of your dietitian. These meal plans are more strict than your normal renal-diabetic diet to keep poisons from building up in your blood.

## Day 2

Breakfast	Lunch	Dinner
1/2 cup non-dairy creamer	2 slices white bread	2 slices white bread
3/4 cup dry cereal	2 ounces unsalted turkey*	2 ounces unsalted chicken*
1/2 cup drained peaches (canned in juice)	1 1/2 tablespoons margarine, oil, or mayonnaise*	1 1/2 tablespoons margarine, oil, or mayonnaise*
	4 spears low sodium asparagus	1/2 cup drained pears (canned in juice)
	1/2 cup cranberry juice **	1/4 cup cranberry juice **
	Afternoon Snack	Evening Snack
	1/2 cup applesauce (sugar-free)	1/4 cup cranberry juice **
		5 vanilla wafers or 3 graham cracker squares or 6 unsalted crackers
		1 teaspoon margarine and 1 1/2 teaspoons jelly

\*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, 190 grams carbohydrate, and 1700 calories. You can adjust menus to fit your individual taste with the help of your dietitian. These Meal Plans are more strict than your normal renal-diabetic diet to keep poisons from building up in your blood.

### Day 3

Breakfast	Lunch	Dinner
1/2 cup non-dairy creamer	2 slices white bread	2 slices white bread
3/4 cup dry cereal	2 ounces unsalted tuna fish*	2 ounces unsalted turkey*
1/2 cup drained pears (canned in juice)	1 1/2 tablespoons margarine, oil, or mayonnaise*	1 1/2 tablespoons margarine, oil, or mayonnaise*
	1/2 cup low sodium carrots	1/2 cup drained cherries (canned in juice)
	1/2 cup cranberry juice **	1/4 cup cranberry juice **
	Afternoon Snack	Evening Snack
	1/2 cup applesauce (sugar-free)	1/4 cup cranberry juice **
		5 vanilla wafers or 3 graham cracker squares or 6 unsalted crackers
		1 teaspoon margarine and 1 1/2 teaspoons jelly

\*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



# **SUGGESTED GROCERY LIST FOR EMERGENCIES**

## **ADULT RENAL DIABETIC DIET**

### **BREAD/CEREAL** (Choose 5 servings per day)

White Bread	Dry Cereal
Vanilla Wafers	Puffed Wheat
Graham Crackers	Puffed Rice
Unsalted Crackers (plain)	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 NON-DAIRY CREAMER** (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)	Jelly (1 Tablespoon=1 serving)
Sugar (4 teaspoons=1 serving)	Low calorie Cranberry Juice (1/2 cup)
Powered Drink Mix (1/2 cup, mixed)	Carbonated Beverages (1/2 cup)

### **OTHER BEVERAGES** (Limit to 1/2 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	Fresh or reconstituted lemon juice
Herbal seasoning or garlic powder	Sugarless gum

### **SUGAR FREE HARD CANDIES**, as desired

\*\*Individual mayonnaise or margarine packets are recommended to avoid spoilage

# ADULT DIABETIC MENU PATTERN

<b><i>Breakfast</i></b>	<b><i>Lunch</i></b>	<b><i>Dinner</i></b>
1 milk substitute (1/2 cup)	2 starches	2 starches
1 starch	2 meats	2 meats
1 fruit	4 1/2 fat	4 1/2 fat
	1 vegetable	1 fruit
	1 high calorie	1/2 high calorie
	<b><i>Afternoon Snack</i></b>	<b><i>Evening Snack</i></b>
	1 fruit	1 starch
		1 fat
		1 high calorie

\*Diet information revised by Debbie Alexandrowicz, MA, RD, CSR, and the Council on Renal Nutrition Network 4 Disaster Diet Subcommittee. Original guidelines were contributed by the ESRD Network of New England, Inc. and the Transpacific Renal Network.



# **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      non-dairy creamer  
                      dry cereal  
                      sugar  
                      drained canned pineapple

Mid morning snack    candy (see Sweets List)

Lunch                white bread  
                          unsalted canned tuna\*  
                          low sodium mayonnaise or margarine  
                          low sodium canned green beans  
                          Kool-Aid or Tang

Afternoon snack     applesauce and marshmallows

Dinner                white bread  
                          unsalted chicken\*  
                          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      non-dairy creamer  
                     Cream of Wheat  
                     sugar  
                     canned drained peaches

Mid morning snack    sugar wafers  
                                 ginger ale

Lunch                unsalted turkey sandwich\*  
                             low sodium mayonnaise or margarine  
                             low sodium canned carrots  
                             Kool-Aid or Tang

Afternoon snack      unsalted pretzels  
                             candy (see Sweets list)

Dinner                white bread  
                             unsalted chicken\*  
                             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      non-dairy creamer  
dry cereal  
sugar  
white bread with jelly

Mid morning snack    applesauce  
candy (see Sweets List)

Lunch            unsalted tuna sandwich\*  
low sodium mayonnaise or margarine  
canned pineapple  
ginger ale

Afternoon snack      unsalted pretzels  
Kool-Aid or Tang

Dinner            unsalted turkey sandwich\*  
low sodium mayonnaise or margarine  
low sodium canned corn  
cranberry juice

Bedtime snack        canned drained peaches  
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

<ul style="list-style-type: none"><li>• Sliced white bread</li><li>• Dry cereal (sweetened preferred)</li><li>• Puffed rice</li><li>• Crisped rice</li><li>• (Cream of Wheat, Cream of Rice, and Farina can be substituted)</li></ul>	<ul style="list-style-type: none"><li>• (May substitute white rice, noodles, spaghetti, macaroni, or unsalted crackers for white bread)</li><li>• Sugar wafers (or sugar cookies)</li><li>• Vanilla wafers</li><li>• Graham crackers</li><li>• Unsalted pretzels</li></ul>
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### Fruits/juices

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

### Fish/meat/poultry

Canned unsalted tuna, chicken, turkey (preferably small cans)

### Frozen or shelf stable liquid non-dairy creamer

### Sweets

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

## **Vegetables**

Canned low sodium green beans, carrots, corn  
(Canned mushrooms or asparagus can be substituted if preferred)

## **Fats**

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

## **Other beverages**

Spring water  
Ginger ale  
Lemon lime soda (no cola drinks)  
Cranberry juice  
Kool-Aid (no grape flavor)  
Tang

## **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)

# **SAMPLE FORMS**



# Dialysis Patient Information Form

Date \_\_\_/\_\_\_/\_\_\_

Patient Name: \_\_\_\_\_ DOB \_\_\_/\_\_\_/\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Social Security # \_\_\_ \_\_\_ \_\_\_/\_\_\_ \_\_\_/\_\_\_ \_\_\_ \_\_\_

## Neighbor or Emergency Contact:

Name: \_\_\_\_\_

Relationship to you: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Medicare Number: \_\_\_\_\_

Other Insurance: \_\_\_\_\_

Policy Number: \_\_\_\_\_

Your Dialysis Center: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Head Nurse: \_\_\_\_\_

Nephrologist: \_\_\_\_\_ Phone: \_\_\_\_\_

Usual Source of Transportation/Needs: \_\_\_\_\_

Updated: \_\_\_\_\_



# Treatment Information Form

Name: \_\_\_\_\_ Date Completed: \_\_\_\_\_

Primary ESRD Diagnosis: \_\_\_\_\_

Drug/Food Allergies: \_\_\_\_\_

Dialyzer Allergies: \_\_\_\_\_

Pertinent Past Medical History: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Hepatitis B Status: \_\_\_\_\_ Hepatitis C Status: \_\_\_\_\_

Blood type: \_\_\_\_\_

Special Treatment or Medication \_\_\_\_\_

**Hemodialysis Prescription:** Dialyzer: \_\_\_\_\_ Blood Flow Rate: \_\_\_\_\_

Dialysate: Bicarb \_\_\_\_\_ Acetate \_\_\_\_\_ K \_\_\_\_\_ Na \_\_\_\_\_ Ca \_\_\_\_\_

Dialysis Flow Rate \_\_\_\_\_ Treatment Hours \_\_\_\_\_ Days/Week \_\_\_\_\_

Dry Weight lb/kg \_\_\_\_\_ Access Type and Location: \_\_\_\_\_

Heparin Dose: \_\_\_\_\_ Method: \_\_\_\_\_

Re-Use: Yes \_\_\_\_\_ No \_\_\_\_\_ Lidocaine: Yes \_\_\_\_\_ No \_\_\_\_\_

**Peritoneal Prescription:** CAPD \_\_\_ CCPD \_\_\_ NPD \_\_\_ System \_\_\_\_\_

Prescription: \_\_\_\_\_

Special Dialysis Orders/Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Updated:** \_\_\_\_\_









## Notes:

## Notes:

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