



## MT. BAKER KIDNEY CENTER

410 Birchwood Avenue • Bellingham, WA 98225 • (360) 734-4243 • FAX (360) 715-9858

OUTPATIENT TREATMENT • DIALYSIS TRAINING UNIT

# PATIENT INFORMATION

To All Patients:

We are pleased to provide you with this information packet. It is imperative that you review the enclosed information and keep this packet available at all times.

This packet contains information on a variety of subjects. Those are:

1. Resource phone numbers
2. When to call your doctor
3. What to report to dialysis staff
4. Emergency procedure
5. Patient rights
6. Patient responsibilities
7. Internal complaint/grievance procedure  
and more...

If you have any questions or concerns regarding this information, please direct them to staff or me.

Thank you,

Ethel Elston, RN, CNN  
Nurse Manager

David Strutz, MBA  
Administrator

***The mission of the Mount Baker Kidney Center is to provide safe, compassionate, high quality care to support, improve and enhance the quality of life of our patients with kidney disease and their families.***

## PATIENT RIGHTS

You have the right to:

- Be treated with respect, dignity and recognition of your individuality and personal needs and sensitivity to your psychological needs and ability to cope with end stage renal disease.
- Receive all information in a way that you can understand.
- Privacy and confidentiality in all aspects of your treatment.
- Privacy and confidentiality regarding your medical records.
- Be informed about and participate, if desired, in all aspects of your care.
- Receive the necessary services outlined in the patient plan of care.
- Refuse treatment, to discontinue treatment and refuse to participate in experimental research.
- Be informed about my right to execute advance directives and the facility's policy regarding advance directives.
- Be informed about all treatment modalities and settings, including, but not limited to, transplantation, home dialysis modalities (hemodialysis, intermittent peritoneal dialysis, continuous ambulatory peritoneal dialysis, and continuous cycling peritoneal dialysis) and in-center hemodialysis.
- Receive resource information for dialysis modalities not offered by the facility, including information about alternative scheduling options for working patients.
- Be informed of facility policies regarding patient care, but not limited to, isolation of patients.
- Be informed by the physician treating the patient for ESRD of his/her medical status as documented in the patient's medical record, unless the medical record contains a documented contraindication.
- Be informed of services available in the facility and charges for services not covered under Medicare.
- Receive individualized care and participate (if desired) with the interdisciplinary team to determine the best plan of care.
- Be informed of the rules and expectations of the facility regarding your conduct and responsibilities.
- Be informed of the facility's internal grievance procedure.
- Be informed of external grievance mechanisms and processes, including how to contact the ESRD Network and state survey agency.
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Northwest Renal Network  
4702 42<sup>nd</sup> Avenue SW  
Seattle, WA 98116  
1-800-262-1514

Department of Health, Facilities & Services Licensing  
Attn: Office of Health Care Survey  
PO Box 47852  
Olympia, WA 98504-7852  
1-800-633-6828

- Be informed about the internal grievances or external grievances or both without reprisal or denial of services.
- Be informed that you can file internal/external grievances, personally, anonymously or through a representative of your choosing.
- Be informed regarding the facility's policies for transfer, routine or involuntary discharge and discontinuation of services.
- Receive written notice 30 days in advance of an involuntary discharge.

## PATIENT RESPONSIBILITIES

IT IS YOUR RESPONSIBILITY TO:

1. review the pages in this booklet covering: *Patient's Rights; Patient Responsibilities; and Internal Complaint and Grievance Procedure*
2. educate yourself regarding kidney disease and it's treatment
3. cooperate and comply with prescribed diet, medications and dialysis treatment
4. participate in all aspects of your care
5. ask questions regarding any aspect of your care
6. report any changes in your health status
7. follow the policies and procedures of Mount Baker Kidney Center
8. treat other patients and staff with respect
9. exhibit behaviors that are NOT disruptive to patient care activities
10. to voice concerns, issues or handle conflicts in a productive manner (see the internal complaint/grievance procedure)
11. immediately inform Mount Baker Kidney Center regarding a change in your health insurance, phone number, address, emergency contact or transportation to and from the center
12. secure transportation to and from the kidney center
13. be financially responsible for the services provided

## INTERNAL COMPLAINT / GRIEVANCE

### POLICY:

If a patient/designee has a concern, unanswered questions or complaint regarding his or her treatment or quality of care, the patient/designee may exercise their right to file a grievance without reprisal.

### PROCEDURE:

1. Patient/designee are encouraged to address their question, concern, complaint to the person perceived as the source of the confusion or conflict before filing a grievance.
2. If patient/designee is uncomfortable with confronting the person involved, the patient/designee is encouraged to contact the social worker to explain the conflict and solicit the social worker's intervention.
3. The social worker will evaluate the situation and facilitate a plan of action. If the situation is not resolved the patient/designee may elect to file a grievance.

### Filing a Grievance:

1. Patient/designee can verbally, by written notice, or anonymously (see box in lobby) request a grievance to be filed with management.
2. Upon receipt of grievance, management will conduct an investigation and contact the patient/designee within 10 working days of filing the grievance. This information will be communicated via verbal and written notice.
3. Based on the investigation, an action plan will be developed with the patient/designee to resolve the complaint within 15 working days of receipt of grievance by verbal and written notice.
4. If there has been an unsatisfactory resolution, the patient/designee may submit a written request for intervention from the Board of Directors.
5. The Board has 15 working days from the receipt of the written request to provide a written response.
6. If there has been an unsatisfactory resolution, the patient/designee may contact the Northwest Renal Network , or Washington State Department of Health:

Northwest Renal Network  
4702 42<sup>nd</sup> Avenue SW  
Seattle, WA 98116  
1-800-262-1514

Department of Health  
Facilities & Services Licensing  
Attn: Office of Health Care Survey  
PO Box 47852  
Olympia, WA 98504-7852  
1-800-633-6828

**NOTE: It is not required for patients/designees to initiate this process before contacting the renal network.**

7. Any grievance involving situations or practices that place patients or staff members in immediate danger will be resolved immediately.
8. All communication within the grievance process will be documented and placed in a confidential grievance file.

## GENERAL POLICIES

1. You are not allowed to bring weapons, drugs, drug paraphernalia, alcohol or any other items that may jeopardize the safety of other patients or staff.
2. Smoking is prohibited while you are on Mt. Baker Kidney Center property.
3. Pets are not allowed in the facility. Service animals, as defined by the ADA, are permitted to accompany a patient that requires assistance due to a disability.
4. You may have 1-2 visitors at any one time. Children must be supervised at all times. At certain times during your care, nursing may ask all visitors to leave the area temporarily. MBKC encourages family and close friends to visit you during your treatment. To ensure you and other patients have the best treatment possible, compliance to the following rules is imperative:
  - Visitor behaviors cannot impede or disrupt patient care activities for you or other patients.
  - Visitors must remain with you or wait in the lobby. Your visitor will not be permitted to visit other patients.
5. No eating during treatment. Eating during treatment may cause aspiration, diarrhea, low blood pressure and choking. Eating may be allowed if medically justified. You may eat either before or after dialysis treatment. Suggestions:

### *DIALYSIS DAY SACK MEALS*

*Cheese and unsalted crackers & 6 oz. water or juice*

*String cheese & fruit (apple, grapes, pineapple)*

*Peanut butter and unsalted cracker & 6 oz. water or juice*

*Peanut butter and jam sandwich & 6 oz. water or juice*

*Meat sandwich (beef, chicken, turkey, egg salad, tuna or chicken salad), fruit & 6 oz. water or juice*

*Hard cooked eggs, slice of bread or unsalted crackers, fruit (grapes, apple wedges, canned fruit)*

*High protein liquid nutritional supplements, such as:*

*Boost High Protein*

*Ensure High Protein*

*Boost Plus*

*Ensure Plus*

*Boost Diabetic or Glucose Control*

*Nepro*

*Don't forget your phosphate binders (Renagel, Fosrenol, Phos Lo, or Tums).*

Note: food is not available at the dialysis unit except for a vending machine

## TREATMENT POLICIES

1. Infection control: Help stop the spread of germs. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands. Put your used tissue in a wastebasket. Clean your hands after coughing or sneezing – wash with soap and water or clean with alcohol-based hand sanitizer. **If you think you have the flu, please notify the kidney center several hours prior to your arrival. If you have the flu or a cold, please ask for a mask; this will help reduce the spread of the virus to other patients/staff.**
2. Scheduled day and times are assigned according to the needs of each patient if possible. Treatment schedules are strictly enforced, assuring each patient receives the level of service acceptable to all.
3. Arrive for dialysis at your scheduled day and time.
4. Skipping a treatment without physician approval is not recommended and may result in medical complications.
5. Wash your access arm before treatment.
6. Weigh yourself before and after dialysis treatment.
7. Prior to leaving, wash your hands for your protection and the protection of others.
8. During treatment, your access must be uncovered. Nursing is required to visually monitor your access at all times.
9. During treatment, keep your face uncovered. Nursing is required to visualize you in the event of an emergency.
10. Your dialysis schedule may need to change in the event of an infection that requires the isolation room.
11. Mt. Baker Kidney Center will facilitate a transfer if needed from one facility to another to maintain and continue quality patient care. Patient transfer is a collaborative process that involves the patient, physician and social worker. The decision is based on what is in the best interest of the patient. Most common reasons for patient transfer is relocation, dialysis facility/medical community is unable to meet patient's medical needs, and for the overall welfare of the patient.
12. Patients may be involuntarily discharged or transferred when a failure to resolve issues that either disrupt daily operations or behavior that poses an immediate threat to the safety of other patients and/or staff.

## GENERAL INFORMATION

1. You may bring personal items—blankets, earphones, books, laptop computers and puzzle books. Please take your blanket home weekly for laundering (or wash immediately if soiled with blood). Check with staff about how to remove blood stains.
2. MBKC offers a “cubby” storage area for your convenience. DO NOT leave valuables in this area. MBKC is not responsible for lost items.
3. Avoid using heavy perfume or cologne.
4. A phone is available (in the lobby) for local calls before and after your treatment.
5. MBKC offers a wireless internet access service.
6. Gather all your personal items, including ice, and bring to your assigned chair at the beginning of your treatment.
7. MBKC will assist you with coordinating public transportation.

# **IF YOU ARE HAVING A MEDICAL EMERGENCY, CALL 911**

<b>Physician's Office:</b>	If you need to call your physician for medical problems, medication, or prescriptions call Mt. Baker Nephrology:
734-9233	Office hours are Monday-Friday, 9:00am-5:00pm
715-2424	Physicians' Answering Service (after hours/weekends)
<b>Mt. Baker Kidney Center:</b>	For information regarding your treatment schedule, appointments with the social worker or dietitian, and dialysis training information call:
734-4243	Center hours are M/W/F 7:00 am-9:00 pm, T/Th/S 7:00 am-5:30 pm
734-4243	Dialysis Training Unit (voice mail is available when staff are not able to answer the phone)
<b>Dialysis Consultants:</b>	For financial or billing questions call:
1-206-623-1470	Monday-Friday., 9:00am-5:00pm – If no one answers, leave a message on voice mail
or	
1-800-525-9059	
<b>Transportation:</b>	Specialized Transportation provides transportation to health care appointments for individuals without other means of transportation in many, but not all, cases. You must go through the application process before it is effective.
	Call to determine:
	1. If you are in the service area.
	2. If hours of service fit with your schedule
733-1144	Office hours are Monday-Saturday, 9:00am-5:00pm
738-4554	Medicaid Transportation
or	
1-800-585-6749	



## **WHEN TO CALL THE DOCTOR IMMEDIATELY**

**If you are having chest pain that is new or pain that has occurred in past but is not relieved by medication prescribed for chest pain, call 911 immediately.**

Call your nephrologist if you have:

- Redness, pain, or drainage around access or catheter site
- Fainting/Dizziness if after dialysis
- If you have a tunneled catheter, any changes in the exit site, or temperature greater than 99° F, or fever and chills

Always consult your nephrologist:

- Before taking over-the-counter medications, including herbal supplements
- Before changing doses or stopping current medications
- About new medications prescribed by other health care professionals

**Call the doctors' office (Mt. Baker Nephrology) at 734-9233 and let the office staff know the problem. If the doctors' office is closed, call their answering service at 715-2424.**

Call your primary doctor if you have:

- Chills/Fever with temperature above 100° F
- Difficulty breathing/Shortness of breath
- New pain or change in chronic pain
- Chest pain
- Allergic reaction to medications
- Any red, open, tender or draining area on feet
- Redness, pain, or drainage at wound or other surgical incision

## WHAT TO REPORT TO YOUR DIALYSIS STAFF

Notify your dialysis staff at beginning of your treatment if you have any of these symptoms now, or since your last treatment.

- Nausea/Vomiting
- Diarrhea
- Dizziness
- Unusual pain or persistent chest pain
- Sores on feet
- Temperature
- Difficulty breathing
- Rashes
- Sleep disturbances
- Depression
- Recent fall

## **PREPARING FOR EMERGENCIES**

Emergencies caused by severe weather or disasters can happen with or without warning. If you need dialysis, having power and water, transportation or supplies may be very important. Some emergency situations may make it impossible for you to get to your dialysis facility or give yourself dialysis. It is important to be prepared so you can feel better and stay healthier.

This section includes information on:

- Severe weather preparation
- Transportation
- Scheduling
- Natural disaster preparation
- Emergency evacuation—getting off a dialysis machine
- Care of your access in emergency
- Tips for preparing for an emergency
- Medical emblems
- Emergency food list/diet plan
- How to disinfect water
- Additional information about Medicare and Dialysis Facilities

## SEVERE WEATHER

During severe weather we are all encouraged to stay home and off the streets. Unfortunately, neither dialysis patients nor the dialysis staff has that option. You must make arrangements for your dialysis treatments: you can't skip treatments!

## TRANSPORTATION

If you live in Bellingham and dialyze between the hours of 9:00 am - 6:00 pm, Monday through Saturday, WTA's Specialized Transportation may provide transportation if called 24 hours in advance. Specialized Transportation may provide transportation in outlining areas during limited hours; please check with them at 733-1144. In Bellingham there is a limited area in which they provide night transportation from 6:00 pm - 10:00 pm, please check with them if you are in this area for night transportation. If the streets are snowy or icy, they will not drive into steep driveways. If the weather conditions are too severe for you to safely drive yourself to your dialysis treatments, please contact one of the following:

Taxi: DSHS Medical Assistance Transportation – if you have DSHS (Medicaid) coverage: 738-4554 in Whatcom County, and 1-800-860-6812 for Island, San Juan and Skagit counties

### Transportation:

Whatcom Transit Authority: (360) 733-1144

City Cab: (360) 733-8294

Cascade Ambulance: (360) 312-0911

Physicians' Answering Service: (360) 715-2424

***It is important for you to receive your regular dialysis treatments.*** It is possible that transportation and/or communication will be temporarily disrupted due to winter storms, flooding, or earthquake. In an emergency our plan is to operate on our regular schedule. You are to come to the Kidney Center as usual. As soon as you realize you may not be able to get here, call the Kidney Center. If you are unable to call, listen to radio station KGMI, 790 AM. They will broadcast messages.

If you relocate from your residence during the emergency, notify the Kidney Center of your temporary telephone number and address. .

- Ask anyone you know with a four-wheel drive vehicle for help getting to and from dialysis.
- Check with our social work department for alternate ride possibilities. It is your responsibility to make transportation arrangements for your dialysis treatments. However, the staff at the Kidney Center is available with information and resources to help you- phone (360)734-4243.
- Remember, hospitals may not be able to give you maintenance dialysis treatments.

***PLAN AHEAD!*** If there will not be reliable transportation available in a storm, make plans to relocate close to the center with family, friends or in a motel. Usually the inconvenience is for 1-3 treatments.

## SCHEDULING:

HOME PATIENTS -- Please contact the Dialysis Training Unit as soon as you are aware of power or water outages. If possible, reschedule your treatment for the next day (check this out with the Dialysis Training Unit staff). Please remember the Center has a limited number of open slots for back-up treatments.

CENTER PATIENTS – Contact your Public Works Department to let them know you are a dialysis patient and will need to be a priority for plowing or sanding (you are responsible for any plowing or sanding required on your property). Contacts are:

Whatcom County 676-6759  
Bellingham 778-7700, ask for “Street Department”  
Blaine 332-8820  
Ferndale 384-4006, ask for “Katy”  
Lynden 354-3446

## **NATURAL DISASTER**

***It is important for you to receive your regular dialysis treatments.*** It is possible that transportation and/or communication will be temporarily disrupted due to winter storms, flooding, or earthquake. In an emergency our plan is to operate on our regular schedule. You are to come to the Kidney Center as usual. As soon as you realize you may not be able to get here, call the Kidney Center. If you are unable to call, listen to radio station KGMI, 790 AM. They will broadcast messages.

In the event of a natural disaster, such as earthquake, that interrupts services provided by Mt. Baker Kidney Center and affects your treatment, you can contact the Kidney Center by calling **1 800 525-9059 ext. 136** and leave a message. Include your name, phone number and a brief message and you will be contacted as soon as possible.

## **HOW TO GET OFF OF A DIALYSIS MACHINE IN AN EMERGENCY EVACUATION**

If you are on a dialysis machine during an emergency, stay calm and wait for instructions from the facility staff. If no staff person is available to help you or give you directions, here is what to do.

**Remember, these directions are for emergency evacuation situations only. Your access needles should be left in place until you get to a safe place. NEVER cut your access needle lines.**

### **HOW TO CLAMP AND DISCONNECT**

- Clamp both access needle lines.
- Clamp both of the thicker blood lines. If the lines have pinch clamps, pinch all four clamps closed. Unscrew the lines between the closed clamps. If lines must be cut, staff will assist with scissors.

**NEVER, NEVER cut your access needle lines. NEVER cut the line between the clamp and your access—you will bleed to death.**

- If you have a CATHETER, the professional staff will assist you. Do NOT try to disconnect yourself.

## **CARE OF YOUR ACCESS IN AN EMERGENCY**

After you have been disconnected from your dialysis machine, go to the designated safe area. Wait for direction from the person in charge. This person could be a dialysis facility staff member, or emergency personnel such as a paramedic, police officer or firefighter. Do not remove your fistula needles until you have been checked by medical personnel, or until you are sure that you are in an area out of immediate danger.

**Under no circumstances should any medical personnel unfamiliar with your dialysis status place or inject anything into your vascular access.**

## TIPS FOR PREPARING FOR AN EMERGENCY FOR DIALYSIS PATIENTS

- ⇒ Gather and carry important medical information. If you must go to a different dialysis center or hospital for treatment during an emergency, or if you need emergency health care, the medical staff needs to know your medical status so you can get the right treatment. Therefore, keep your medical information and a list of your medications with you at all times, and give a copy to a caregiver or family member.
- ⇒ Make alternative arrangements for receiving dialysis.
  - Make sure your dialysis center has your current street address and phone number, and emergency contact information.
  - Make arrangements for back-up transportation to your dialysis facility.
  - Ask your facility staff about other dialysis facilities in your area to see if they provide the type of treatment you would need.
  - If you receive home dialysis or utilize CAPD (chronic ambulatory peritoneal dialysis) or use CCPD (continuous cyclic peritoneal dialysis), then be sure to plan for an emergency with your facility's staff.
- ⇒ Maintain extras. Keep a supply of medicine at your work place or any place you spend a great deal of time, like a family member's home.
- ⇒ Know what emergency diet to follow if your dialysis is delayed. Consult with your facility dietitian about an emergency diet plan; ask how to disinfect water (do not use water from a swimming pool or spa).
- ⇒ Know how to get off a dialysis machine during an evacuation. Have your dialysis facility staff show you what to do if you are on a dialysis machine in an emergency to disconnect. Your access needles may need to be left in place until you get to a safe place. NEVER cut your access needle lines—you will bleed to death. If you have a catheter, your professional staff should assist you; do not try to disconnect yourself.
- ⇒ Know the procedures if you must evacuate to a designated safe area. Wait for directions from the person in charge. Do not remove your fistula needles until you have been checked by medical personnel, or until you are in an area out of immediate danger. Under no circumstances should any medical personnel unfamiliar with your dialysis status place anything into your vascular access.
- ⇒ Keep your cell phone fully charged.

- ⇒ Supplies to consider for your emergency preparedness kit
- Measuring cups, teaspoons and tablespoons, dropper
  - Plastic knives, spoons, forks
  - Pack of napkins and paper plates
  - Pack of plastic or Styrofoam bowls
  - Paper towels
  - Pack of plastic cups
  - Candles
  - Matches
  - Can opener (manual)
  - Baby wipes
  - Sharp knife
  - Flashlight and batteries
  - Scissors
  - Garbage bags
  - Plastic jug for storing water
  - 1 small bottle of household chlorine bleach
  - Piece of cloth, cheesecloth or handkerchief
  - Strainer
  - Extra pair of eyeglasses (in case first pair breaks)
  - Radio and batteries
  - First aid kit
  - 5-7 day supply of all your medicines
  - Diabetic supplies (if necessary)
  - A week's supply of food and water

## **MEDICAL EMBLEMS**

If you are injured or unable to communicate, medical staff need to know quickly if you are a person on dialysis and any other important facts about your health. One way to alert people to your health needs is to wear a medical emblem on a bracelet or necklace. It shows an internationally recognized symbol that lets people know your medical diagnosis, such as "Diabetes". It also provides a phone number medical staff can call to get more detailed medical information about you. Wearing a medical emblem at all times helps ensure that you get the care you need, and that you don't get care that could be harmful to someone with your medical condition. Also, carry the medical information card that comes with the emblem. It has important information and may reduce the need for phone calls to the emblem registry services. NOTE: A necklace might be missed if your upper body clothes are rolled up. A bracelet is easy to see, but it shouldn't be worn on the same side as your dialysis access. It could block blood flow if it is pulled up on the arm.

To get your medical emblem contact:

- National Kidney Foundation (1-800-488-2277)
- American Kidney Fund (1-800-638-8299)

In some areas these organizations cover the cost of your first emblem.

Other sources of medical emblems include:

- MedicAlert Foundation, 2323 Colorado Avenue, Turlock, CA 95382, or call 1-800-ID-ALERT (1-800-432-5378)
- Body Guard, 111 East Parkway Drive, Egg Harbor Township, NH 08234, or call (1-609-646-4777)
- Check with your pharmacy

## **EMERGENCY FOOD LIST (see Emergency Diet Plan)**

This list provides a 6 day supply of canned foods and water. Use fresh foods as long as they are available.

- 3 pkgs of dry milk, or four 8 ounce cans of evaporated milk
- 1 or 2 gallons of distilled or bottled water
- 2 pkgs powdered fruit-flavored drink mix, or 1 container pre-mixed
- 1-2 cans or bottles of soft drink
- 6-pack of 4 oz. cans or boxes of fruit juice (cranberry, apple or grape)
- 6 boxes of single-serving cereal (NO Raisin Bran)
- Small box of white sugar (or box of sugar packets)
- 12 4 oz. cans or "fruit bowls" of fruit (pears, peaches, oranges, mixed fruit, applesauce or pineapple. NO raisins.)
- 6 8 oz. cans of low sodium vegetables (carrots, green beans, peas, corn or wax beans)
- 6 3 oz. or 4 oz. cans of low sodium meat (tuna, crab, chicken, salmon or turkey)
- 1 jar peanut butter
- 1 small jar jelly or honey
- 3 small jars mayonnaise (or 8 -12 single-serve, foil-wrapped packs)
- 1 loaf regular bread \* (without preservatives, NOT salt-free)
- 1 box vanilla wafers, or graham crackers
- 5 pkgs of candy (sourballs, hard candy, jelly beans or mints)
- 1 pkg marshmallows
- 1 jumbo pack of chewing gum

*\*Bread can be kept frozen for 3 months*

## **KNOW WHAT EMERGENCY DIET TO FOLLOW IF YOUR DIALYSIS MIGHT BE DELAYED**

Dialysis takes the waste from your blood. Wastes and fluid build up between dialysis treatments. Normally this build up is small and does not cause a problem between regular dialysis treatments. If your dialysis must be delayed, these wastes and fluids can add up and cause problems. To keep the build up of protein wastes (BUN), potassium and fluid as small as possible, you need to follow a special strict diet. This diet plan is not a substitute for dialysis.

The 3-day Emergency Diet Plan (developed by the Northern California Council on Renal Nutrition) limits your protein (meat, fish, poultry and eggs), your potassium (fruits and vegetables), salt, and fluid intake more strictly than your regular renal diet. This diet provides about 40 grams of protein, 1,500 milligrams (mg) of sodium, and 1,500 mg of potassium per day.

If you can't get dialysis, your life can depend on limiting the amount of waste that builds up in your blood by changing your diet. Look at this diet plan with your renal dietitian to see if it will work for you, or to see if it needs to be modified to fit your special health needs. This gives you a chance to ask questions before an emergency occurs. If you are on CAPD and can't get to your supplies to do your exchanges, this emergency diet may also apply to you. You should make every attempt to get dialysis within 3 days. But, if it takes longer, be sure to continue the 3-day Emergency Diet Plan until you can get your dialysis treatment.

The meals can be stored and prepared with little or no refrigeration. If your refrigerator is still working, use fresh milk, meat and poultry in the amounts listed in the diet. Your food may stay fresh for a few days if your refrigerator is not working if you limit the times you open its door. Use the fresh food first, before you start to use the canned food.

One egg or 1 ounce of meat that has been kept at a safe temperature can be switched for 2 tablespoons of peanut butter or 1 ounce of low-sodium canned meat.



## 3-DAY EMERGENCY DIET PLAN

**DAY ONE** (Add 4 ounces of water to take medicine)

### Breakfast

Cereal and fruit:

- ½ cup milk or mix ¼ cup evaporated milk with ¼ cup distilled water from sealed containers or disinfected water
- 1 box of cereal (single-serving) (NO Raisin Bran)
- 1 tbsp. sugar
- ½ cup canned peaches (drained)

### Morning snack:

- Vanilla wafers (5) or graham crackers (1 ½ squares)
- Sourballs (10)

### Lunch:

- Peanut butter and jelly sandwich (2 slices bread, 2 tbsp. peanut butter, 2 tbsp. jelly)
- ½ cup canned pears (drained)
- 4 oz. (1/2 cup) pre-made powdered fruit drink

### Afternoon snack:

- Marshmallows (10)
- ½ cup canned applesauce

### Dinner:

- Chicken sandwich (2 slices bread, ½ can (2 oz. canned low-sodium chicken\*), 2 tbsp mayonnaise)
- ½ cup canned low-sodium carrots (drained)
- ½ cup cranberry juice

### Evening snack:

- Jelly beans (10)
- Vanilla wafers (5) or graham crackers (1 ½ squares)

*\* Perishable item: throw away unused food in open containers if not refrigerated or used within 4 hours*

**If you are diabetic, avoid the sweets in this diet plan. However, have some high sugar content foods like hard candies in case you go “low” with too little sugar in your body.**

## **DAY TWO** (Add 4 ounces of water to take medicine)

### Breakfast

#### Cereal and fruit:

- ½ cup milk or mix ¼ cup evaporated milk with ¼ cup distilled water from sealed containers or disinfected water
- 1 box of cereal (single-serving) (NO Raisin Bran)
- 1 tbsp. sugar
- ½ can (2 oz.) canned pears (drained)

### Morning snack:

- ½ cup canned applesauce.
- Jelly beans (10)

### Lunch:

- Chicken sandwich (2 slices bread, ½ can (2 oz. canned low-sodium chicken\*), 2 tbsp mayonnaise
- ½ cup pineapple (drained)
- 4 oz. (1/2 cup) pre-made powdered fruit drink

### Afternoon snack:

- Mints (10)
- ½ cup canned applesauce

### Dinner:

- Tuna sandwich (2 slices bread, ½ can (2 oz. canned low-sodium tuna\*), 2 tbsp mayonnaise
- ½ cup canned low-sodium carrots (drained)
- ½ cup cranberry juice

### Evening snack:

- Vanilla wafers (5) or graham crackers (1 ½ squares)
- Sourballs (10)

*\* Perishable item: throw away unused food in open containers if not refrigerated or used within 4 hours*

## **DAY THREE** (Add 4 ounces of water to take medicine)

### Breakfast

#### Cereal and fruit:

- ½ cup milk or mix ¼ cup evaporated milk with ¼ cup distilled water from sealed containers or disinfected water
- 1 box of cereal (single-serving) (NO Raisin Bran)
- 1 tbsp. sugar
- ½ cup cherries (drained)

### Morning snack:

- Vanilla wafers (5) or graham crackers (1 ½ squares)
- Hard candies (10)

### Lunch:

- Peanut butter and jelly/honeysandwich (2 slices bread, 2 tbsp. peanut butter \*, 2 tbsp. jelly or honey)
- ½ cup canned peaches (drained)
- 4 oz. (1/2 cup) cranberry juice

### Afternoon snack:

- ½ cup canned applesauce
- Jelly beans (10)

### Dinner:

- Salmon sandwich (2 slices bread, ½ can (2 oz. canned low-sodium salmon\*), 2 tbsp mayonnaise)
- ½ cup canned low-sodium green beans (drained)
- ½ cup soft drink

### Evening snack:

- Vanilla wafers (5) or graham crackers (1 ½ squares)
- Marshmallows (10)

*\* Perishable item: throw away unused food in open containers if not refrigerated or used within 4 hours*

## HOW TO DISINFECT WATER

Keep distilled or bottled water on hand for drinking. If you run out of stored water, you may disinfect available water for drinking, brushing your teeth, or for other uses. Do not use disinfected water for dialysis.

1. Strain water through a clean cloth or handkerchief to remove any sediment, floating matter or glass.
2. Use 5.25% sodium hypochlorite solution (household chlorine bleach). Do NOT use bleach that has active ingredients other than hypochlorite.

If the water is clear, use:

<u>Water</u>	<u>Bleach</u>
One quart	2 drops
One gallon	8 drops
5 gallons	½ teaspoon

If the water is cloudy, use:

<u>Water</u>	<u>Bleach</u>
One quart	4 drops
One gallon	16 drops
5 gallons	1 teaspoon

Mix the water and bleach together thoroughly by stirring or shaking them in a container. Let the mix stand for 30 minutes before using it. The water should have a slight chlorine odor. If it does not, add the same amount of bleach again, mix thoroughly, and let it stand for an additional 15 minutes before using it. NOTE: you may also purify water with rapid boiling for 10 minutes. **Do not use water from a swimming pool or spa because of the chemicals use to treat the water.**

## FOR MORE INFORMATION ABOUT:

### MEDICARE COVERAGE

- Call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.

### DIALYSIS FACILITIES

- Look at [www.medicare.gov](http://www.medicare.gov) on the web. Select “Dialysis Facility Compare”

Or, call your ESRD Network for information about:

- Dialysis or kidney transplants
- How to get help from other kidney-related agencies.
- Problems with your facility that are not solved after talking to the staff at the facility.
- Locations of dialysis facilities and transplant centers.

Your ESRD Network makes sure that you are getting the best possible care, and uses mailings to keep your facility aware of important issues about kidney dialysis and transplants.

Or call your State Survey Agency: call 1-800-MEDICARE (1-800-633-4227) for the phone number) for assistance if you have problems with the facility that you cannot solve by talking to the facility staff. Your State Survey Agency makes sure that dialysis facilities meet Medicare standards.

NOTE: The telephone numbers sometimes change. To get the most up-to-date phone numbers, call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048. Or, look at [www.medicare.gov](http://www.medicare.gov) on the web. Select “Helpful Contacts”.