

I am a dialysis patient:

- Hemodialysis: In-centre Hemodialysis: Home Peritoneal Dialysis: Home

For Emergency responders:

1. Caution dialysis access.
2. Check electrolytes and/or ECG for hyperkalemia.
3. Give calcium or sodium polystyrene sulphonate (Calcium Resonium or Kayexelate) if hyperkalemia.

Emergency Instructions for Dialysis Patients

- If safe, wait at home. The dialysis unit will try to contact you.
- Listen for instructions on radio or TV.
- If you have no contact from the dialysis unit then go to nearest shelter or emergency reception centre or the Emergency Department. **Tell them you need dialysis.**

Begin Emergency Diet:

1. **Restrict fluids to 2 cups a day or less.**
2. No salt, salty foods, salt substitutes.
3. No high potassium foods: potato, tomato, orange, banana, melon, dried fruit, legumes, vegetables.
4. Restrict lower potassium foods: apple, applesauce, grapes, berries, canned peaches, pears or pineapple to 4 servings a day (serving is $\frac{1}{2}$ cup).

5. Restrict protein foods: meat, fish, poultry, egg or peanut butter to 3 ounces (90 grams) a day or $\frac{1}{2}$ your usual intake.
6. Restrict milk or yogurt to $\frac{1}{2}$ cup a day (evaporated milk $\frac{1}{4}$ cup). Use Rice Dream[®] if available. **Count milk or Rice Dream[®] as part of your fluid restriction.**
7. Use unsalted crackers, cookies, rice, noodles, cereal, roti or bread to add calories.
8. Use jam, jelly, honey, sugar, candies, margarine, butter or oil freely to add calories.
9. If you have diabetes: keep instant glucose tablets, sugar, jam, candies, low potassium fruit juices or sugared pop on hand to treat low blood glucose. **This diet is not a substitute for dialysis.**



Be Prepared:

- Have an emergency pack filled with food and supplies on hand.
- Keep at least 3 days medication on hand.

Patient Contact Information



Name: _____

PHN: _____ **DOB:** _____

Address: _____

Tel: _____ **Email:** _____

Emergency Contact Name: _____

Tel: _____ **Email:** _____

Out of Province Contact Name: _____

Tel: _____ **Email:** _____