

In an Emergency or Disaster

Peritoneal Dialysis



This booklet belongs to: _____

Keep one copy of this booklet in your PD Manual

Keep the other copy in your Emergency Pack

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Introduction

Disasters could result in no power, no water, no transportation, and limited or no access to health services.

Dialysis needs power, water, along with PD solutions and supplies. Be prepared to take care of yourself and your family for at least 72 hours (3 days).

This is your booklet. Use it as a quick reference on how to cope during the first few days after a major emergency or disaster.

Prepare yourself

- Prepare an Emergency Pack
- Complete 'My Peritoneal Dialysis Information' page (*see page 12*).
- Complete 'My Emergency Information' page (*see page 13*).
- Make an Emergency Diet Plan.
- Every 6 months:
 - Check expiry dates of items in your Emergency Pack.
 - Check your Emergency Information page to make sure everything is current.
 - Review how to switch to Twin Bags (*see page 6*)

PD Supplies

- Always have on hand at home a **14 day supply** of Twin Bags for each solution strength you usually use on the Cyclor
- If you spend a lot of time at another location such as work or family/friends, keep a 3 day supply of all your PD solutions and supplies there.
- Every month, check the expiry date on your 'on hand' PD solutions and supplies.

Medications

Know which medications you absolutely need to survive.

Always have a **14 day supply** on hand.

Make a habit of asking for refills before your run out. This includes all your medications, including puffers, eye drops, and other medications not taken by mouth.

Always carry a list of medications (name, how much you take and how often you take it).

You can get a list from your peritoneal dialysis unit.

Know what medications you take: names, strength, and when you take them.

Always travel with 2 or 3 days of medications.

Put medications in a bag you wear such as a 'fanny pack' or across the shoulder bag. This leaves your hands free.

Don't let bag out of your sight. In disasters, bags and luggage often gets lost or misplaced.

Every month, check the expiry date on your medications.

Your Emergency Pack

- Have an Emergency Pack with:
 1. a 3 day supply of food for each person
 2. non-food items and equipment



Use a backpack or container that can easily be carried by one person.

Place your 3 day food supply and a waterproof container with other items/equipment in your pack.

List for waterproof container

- your Emergency Diet Plan
- your current medication list (together in a large Ziploc bag)
- flashlight (battery operated or hand cranked)
- radio
- spare batteries for flashlight and radio
- can opener (small, hand operated)
- sharp knife
- sharp scissors
- waterproof matches
- candles
- paper towels
- aluminium foil
- Ziploc bags
- alcohol hand gel
- paper or plastic plates, bowls, cups
- plastic knives, forks, spoons
- 3 plastic containers with lids (500ml size)
- bottled water 4 litres (for drinking and washing)
- product and items to disinfect water
- plastic garbage bags (orange bags can be used as emergency signals)

Three Day Grocery List

Item	Amount (for 1 person)	<input checked="" type="checkbox"/>
Grain Products (use 6-8 servings per day)		
Plain rice cakes or unsalted crackers	2 bags or boxes	<input type="checkbox"/>
Dry cereal, sweetened or unsweetened (such as puffed wheat or rice, or shredded wheat)	3 single serve or 1 large box	<input type="checkbox"/>
Vanilla wafers, or Arrowroot or Graham crackers	1 box	<input type="checkbox"/>
Cereal bars (such as Nutrigrain bars)	1 box	<input type="checkbox"/>
Fruit/Juices (limit to maximum 5 servings per day)		
Canned or sealed fruit cups Applesauce, pears, peaches pineapple, mandarin oranges, fruit cocktail	9 single serve containers (125mL or ½ cup)	<input type="checkbox"/>
Fruit Juices Cranberry, cranberry-apple, lemonade, or fruit punch	6 single serve containers (125mL or ½ cup)	<input type="checkbox"/>
Protein choices		
Low sodium canned tuna or salmon	3 small cans (e.g. 213g each)	<input type="checkbox"/>
Unsalted or low sodium peanut butter	1 small jar	<input type="checkbox"/>
Milk (limit to ½ cup or 125mL per day)		
Dried skim milk powder or evaporated milk	1 small bag milk powder or 3 small cans (120mL)	<input type="checkbox"/>
Sweets (use as desired to increase calories unless you are diabetic)		
Jelly beans, hard candies	1 bag	<input type="checkbox"/>
Honey or jelly or jam	1 jar	<input type="checkbox"/>
White sugar	9 individual packages	<input type="checkbox"/>
Other		
Bottled water for washing and drinking	6 Litres	<input type="checkbox"/>

Remember to check the expiry date of food every 6 months

Your Emergency Diet Plan

When you cannot do as many dialysis exchanges as you usually do, cut back on:

- fluid
- potassium

Fluid

- Aim for 2 to 3 cups a day.
(Remember that coffee, tea, water, milk, juice, pop, ice, popsicles, ice cream, soup all count as fluids).
- Use chewing gum or sour candies to quench your thirst.
- Do not use salt or salt substitutes. Eating less salt will help you feel less thirsty.



Potassium

- Avoid high potassium foods such as dried fruit, nuts or seeds, banana, orange, melon, kiwi, potato, potato chips, etc.
- Eat no more than 5 servings of fruit a day
(1 serving = ½ cup fruit juice or canned fruit, or 1 small piece of fruit)



Tip: Be careful when eating perishable foods.
To avoid food poisoning, **do not** keep opened canned food for more than 4 hours.



Sample Emergency Diet Meal Plan

Breakfast	<p>3/4 cup milk (milk powder and 3/4 cup water or ½ cup evaporated milk with 1/4 cup water)</p> <p>1 cup cold cereal (shredded wheat, puffed wheat or puffed rice)</p> <p>1 tablespoon sugar</p> <p>1 single serve container of canned fruit</p>
Snack	<p>3 to 5 wafers or cookies</p> <p>1 tablespoon honey or jam or 2 to 3 hard candies</p>
Lunch	<p>2 rice cakes or 12 unsalted crackers</p> <p>1/3 can low sodium canned fish or 2 tablespoon peanut butter</p> <p>1 single serve container of canned fruit</p> <p>1/2 cup fruit juice</p>
Snack	<p>2 rice cakes or 12 unsalted crackers</p> <p>1 tablespoon honey or jam</p> <p>10 jelly beans or 2 to 3 hard candies</p>
Supper	<p>2 rice cakes or 12 unsalted crackers</p> <p>2/3 can low sodium canned fish or 2 tablespoon peanut butter</p> <p>1 single serve container canned fruit</p> <p>1/2 cup fruit juice</p>
Snack	<p>1 Nutrigrain or cereal bar</p>

This sample menu might be fewer calories than you usually eat. You might need to eat candies during the day to give you enough calories.



If you have diabetes, you might need to adjust your insulin or diabetes medication.

When an emergency/disaster happens

- Stay at home, unless you are hurt or you are ordered to evacuate.
- Listen to the radio or check the television for information from local officials and follow their instructions.

Area	Radio Station
Most of Fraser Valley	AM 980 KHz
Chilliwack	FM 98.3 MHz
Hope	FM 100.5 MHz

- Begin your Emergency Diet Plan. (See page 3)

If you get the order to evacuate

Take with you:

- Your Emergency Pack
- Your PD supplies including your Twin Bags
- Your CAPD Training Manual
- Fanny pack or wearable bag with your medications
- Copies of prescriptions
- Current list of medications
- Wallet
- Personal identification for each person
- Copies of essential family documents
- Cellular phone (if you have one) and charger/spare battery
- Hearing aid batteries (if you have a hearing aid)

If you must go to an emergency shelter, tell the person in charge about your special needs.

Switching to Twin Bags

Warming Twin Bag Solutions

It will not hurt you to fill with a Twin Bag that is at room temperature. However, filling may be more comfortable if the Twin Bag is warmed first.

Options for warming a Twin Bag:

- Put the Twin Bag in the sun.
- Use body heat
- Wrap it in a towel next to a full hot water bottle.

Never submerge the Twin Bag in water.

Choosing Solutions

Remember to continue to check your weight and blood pressure each day. Refer to the **Living Well on Peritoneal Dialysis (resource guide)** binder to determine which strengths to use. You might know it as your Training Manual, Section 3: Fluid Guide

Switching from Cycler to Twin Bags

If a power outage happens at night while you are connected to the Cycler, follow steps 1 to 11.

If a power outage happens during the day, follow steps 7 to 11.

Steps

1. Remain connected to the Cycler until morning.
2. In the morning, disconnect from the Cycler.
3. Connect to a 7.5% Twin Bag and try to drain.
4. If fluid drains out, allow drain to finish and then fill with the 7.5% Twin Bag.
5. If no fluid drains out, fill with the 7.5% Twin Bag.
6. Leave fluid to dwell for the rest of the day.
7. If power returns on the same day (Day 1), set up Cycler and continue as usual.
8. If power does not return on Day 1, do another 7.5% Twin Bag exchange at bedtime.
9. If power returns on Day 2, do **CAPD** (four Twin Bag exchanges)* for the day and return to Cycler at bedtime.
10. If power does not return on Day 2 and beyond, continue with **CAPD** (four Twin Bag exchanges each day)*.
11. Once the power returns, set up Cycler and continue as usual.

*For Twin Bag Procedure, see Section 1: CAPD (Flipchart).

How to disinfect water

1. Make sure you have some clean containers for holding water such as clean, empty water bottles.
2. Before disinfecting water, let the water sit for 30 minutes. This allows any dirt to sink to the bottom.
3. Pour the clear water through a coffee filter, clean cloth, or handkerchief to filter out any debris.

Swimming pool or spa water should not be used as source of drinking water as it contains chemicals.

4. Use one of the following ways to purify your water:
 - Water purification tablets. Use as directed.
 - or**
 - Boil water rapidly for 10 minutes (on a barbeque or camp stove).

No tablets? No way to boil water?

If you don't have purification tablets or any way to boil the water, you can disinfect it with **5.25% household chlorine bleach** (sodium hypochlorite solution).

Do not use scented bleach or bleach with added cleaners.

1. Use an eye dropper to add bleach to the water.

Water	If Water is Clear...	If Water is Cloudy...
1 litre (1 quart)	2 drops bleach	4 drops bleach
4 litres (1 gallon)	8 drops bleach	16 drops bleach

2. Mix water and bleach well by stirring or shaking in a container.
3. Let it stand for 30 minutes before using.
There should be a slight bleach smell in the water.
If not, repeat the dosage and let it stand for another 15 minutes.

My Peritoneal Dialysis Information

Date Completed: _____

PD treatment centre where I usually get my care

- Abbotsford Regional Hospital & Cancer Centre 1-604-851-4769
- Royal Columbian Hospital 1-604-520-4503
- Surrey Memorial Hospital 1-604-581-2211 ext. 776447

Family Physician's Name:

Phone:

Nephrologist's Name:

Phone:

Other Specialist's Name:

Phone:

Other Specialist's Name:

Phone:

Other:

Phone:

Other Important Information:

Phone:

Fraser Health Nephrologist

After hours (weekends and after 4:30PM)

1-604-527-4835

Other Important Information:

My Usual Dialysis Prescription

Dry Weight: _____ kg

Type of Treatment (check one):

- Twin Bag - Continuous Ambulatory Peritoneal Dialysis (CAPD)
- Cycler - Continuous Cycling Peritoneal Dialysis (CCPD)

My Emergency Information

If you need emergency medical attention, give this information to your caregivers. Always keep a copy with you.

Print clearly, and update regularly when information changes.

My personal information	
Name _____ / _____ last / first	Date of Birth _____
Address _____	
Home Phone _____	Work Phone _____
Cell Phone _____	Email _____
Personal Health Number _____	
Medical History and Condition	
Allergies _____	
Primary End-Stage Renal Diagnosis (ESRD) _____	
Other medical problems _____	
Infectious Precautions _____	
Blood Type (if known) _____	
Medical Alert Personal I.D. Number _____	
Nearest relative (or person to contact in case of an emergency)	
Name _____ / _____ last / first	Relationship to me _____
Address _____	
Home Phone _____	Work Phone _____
Cell Phone _____	Email _____
Out-of-Province contact (person everyone in the family can call)	
Name _____ / _____ last / first	
Home Phone _____	Work Phone _____
Cell Phone _____	Email _____

More about Emergency Preparedness

Want to learn more about Emergency Preparedness?

- ✓ Check out both the BC and Government of Canada websites.
- ✓ Read the BC Emergency Program workbook:
www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery
 - Go to www2.gov.bc.ca.
 - Under 'How may we help you?', select 'Public Safety & Emergency Services'
 - Under Services & Information Topics, select 'Emergency Preparedness, Response, & Recovery'

Important Phone Numbers

Fraser Health - Outpatient Peritoneal Dialysis Units

Abbotsford Regional Hospital
and Cancer Centre
32900 Marshall Rd.
Abbotsford, BC V2S 0C2

PD Outpatient Unit
4th Floor, Fraser Wing
Phone: 1-604-851-4769

Royal Columbian Hospital
330 East Columbia St.
New Westminster, BC V3L 3W7

PD Outpatient Unit
Health Care Centre, 3rd Floor
Phone: 1-604-520-4503

Surrey Memorial Hospital
13750 – 96 Avenue
Surrey, BC V3V 1Z2

PD Outpatient Unit
North Building, Level 1
Phone: 1-604-581-2211
Ext. 776447

Nephrologist after hours number
(weekends & after 4:30pm) 1-604-527-4835

BAXTER CANADA

Phone: 1-866-968-7477

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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To order: patienteduc.fraserhealth.ca

