



Be Prepared for Emergencies

Information to keep on hand

In some emergencies you may not be able to get dialysis at your usual clinic.

Things to Do Before an Emergency Happens

- Write the names and phone numbers of your dialysis clinic, doctor, and emergency contact on this sheet and keep it in an easy to find place.
- Make sure your dialysis clinic has your current address, phone number, emergency contact information.
- Prepare an emergency box with food, water, medications, and supplies.
- Wear a bracelet or pendant that shows that you are a dialysis patient.
- Ask your dietitian for a copy of the 3-day Emergency Diet for dialysis patients, or print from the ESRD Network website.
- If you are on home dialysis, contact your local power company to let them know that you are a dialysis patient. This will make you a priority if there is a power outage.
- Ask your dialysis healthcare team for more information on emergency preparedness, or contact the ESRD Network.

Disaster Tips

Until You Can Return to Your Regular Dialysis Schedule

- Stay at home, unless you are hurt or you have been told to leave your home.
- Start your 3-day Emergency Diet.
- Protect your dialysis access.
- Wait for instructions from your dialysis clinic. If you do not hear from them, call the clinic's emergency number. If you are unable to contact your dialysis clinic, call the ESRD Network for help.
- If you live alone, ask a neighbor, friend, or family member to check on you at least once a day.
- Tune in to official radio or television emergency broadcast channels.

Important contact information:

Dialysis Clinic Name: _____ Dialysis Clinic Phone: _____
 Dialysis Clinic Emergency Phone: _____
 Doctor Name: _____ Doctor Phone: _____
 Emergency Contact Name: _____ Emergency Phone: _____

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