



Peritoneal dialysis emergency kit checklist

- Plastic tote, backpack, or duffle bag**—Something big enough to store your emergency supplies and personal belongings

Essential information:

- Up-to-date personal information**—Record your emergency contact details, doctor, dialysis center information, medications, allergies, and dialysis prescription. Use the My Important Information form at [FreseniusKidneyCare.com/MyInfo](https://www.freseniuskidneycare.com/MyInfo)
- Copy of your driver's license or ID
- List of your current medical conditions
- Copy of your insurance card
- Fresenius Kidney Care Emergency Hotline **(1-800-626-1297)**
- Phone numbers and emails for family, friends, and social worker

Supplies:

- A 6-day supply of medications
- 6 days of food that fits your tailored Emergency Meal Plan provided by your dietitian and available at [FreseniusKidneyCare.com/EmergencyMeals](https://www.freseniuskidneycare.com/EmergencyMeals); talk with your dietitian if you have any questions
- 3 or more gallons of water for drinking, cooking, and bathing
- Canned food (preservative-free)
- Manual can opener
- Paper plates, cups, plastic utensils
- Scissors and a knife
- Bagged ice in your freezer
- A cooler in case you lose power
- Flashlight with batteries
- Headlamp for visual assistance
- Weather band radio
- First aid kit
- Hand warmers
- Trash bags
- Blanket

PD treatment supplies:

- 7-day supply of manual CAPD bags (1.5%, 2.5%, 4.25%) of solution, based on order history
- Masks
- Hand sanitizer
- Exit site supplies
- Blood pressure monitor and spare batteries
- Extra hand warmers to heat PD solution
- Other options for heating solution—**
A heating pad, or wrap bags in blanket and place on heated car seat

Other preparations:

- Provide your updated contact information to your dialysis center if your address or phone number changes
- Charge electronic devices and cell phones
- Have cash on hand
- Keep a full gas can(s) on hand for your generator if you have one
- Keep in mind—**Many stores, restaurants, gas stations, banks, ATMs, etc., may be closed for an extended period of time during and after an emergency
- Make an evacuation plan—**If there's an emergency or disaster in your area and you need to leave home, have a destination and evacuation plan ready. Share them with your family and care team. Find more information online at: [Ready.gov/evacuating-yourself-and-your-family](https://www.ready.gov/evacuating-yourself-and-your-family)
- Know your emergency medication adjustments—**Ask your doctor if any medications should be adjusted in extreme circumstances, especially if you have diabetes



EMERGENCY HOTLINE NUMBER

1-800-626-1297