

Hurricane Preparation

During hurricane season – June 1 through November 30 – Renal Specialists of Houston encourages its patients to **begin planning for emergencies**. All chronic kidney disease patients should have appropriate food on hand; and dialysis patients must have alternate dialysis plans.

Patients who are dependent on dialysis may be affected by power outages or blocked routes to dialysis centers. RSH physicians serve as medical directors for dialysis centers all over the metropolitan area. We will do everything possible to work with our patients to arrange dialysis at an alternate location. **Peritoneal dialysis** patients may be able to maintain their current schedule.

If evacuation is encouraged, it is important to arrange dialysis at your destination. As the storm approaches and you are making plans for landfall, **DO NOT** skip dialysis treatments. Discuss your diet plan with RSH staff to help control electrolytes in the event you must miss a treatment. Read more about **emergency meal planning** and print a list of **non-perishable foods** to keep on hand.

Planning for Emergencies

1. Record all emergency numbers and keep them with you. Include your doctors and dialysis center on your list.
2. Collect up-to-date medical information, and keep it with your evacuation supplies: ID, medication list, insurance information, dialysis information, emergency contacts list.
3. Make evacuation plans and discuss them with your family and doctor.
4. Pack a disaster kit with appropriate food and beverages, a three-day supply of medicine, prescriptions etc.
5. Keep a three-day supply of food on hand and follow your emergency meal plan.

Peritoneal Dialysis

If you are able to maintain your current level of peritoneal dialysis (PD) via machine or manual exchanges:

1. Maintain protein intake of 6 ounces or more each day
2. Maintain your potassium intake each day
3. Continue to limit calcium and high-phosphorus products and maintain phosphate binder regimen

If you are unable to perform as many exchanges as usual, then follow the basic emergency guidelines, including limiting fluid and potassium sources.

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Emergency Meal Planning

If you must miss dialysis, your well-being may depend on your ability to stick to a very restricted diet until you can dialyze. An emergency diet is more restricted than your usual diet to control the buildup of potassium, phosphorous, urea and fluid. Eat refrigerated foods first. Other food supplies may extend the time you can be self-sufficient. If you eat in restaurants, make healthy choices. If you store food and water for disaster preparedness, replace it regularly to guarantee freshness.

1. Select foods wisely and limit fluid intake.
2. Limit protein to one-half your current intake. For example, if you normally eat two eggs for breakfast, decrease to one.
3. Keep five gallons of distilled water on hand for mixing milk and juice.
4. Do not open your refrigerator often. This preserves the cold temperature. A full refrigerator will hold the temperature for about 48 hours (24 if it is half full).
5. Monitor perishable foods to avoid food poisoning. If a jar or can is opened, do not keep it longer than four hours unless refrigerated.
6. Restrict fluid intake to two cups a day (including milk). Chew gum to help you deal with thirst.
7. Limit milk to ½ cup per day. Use dry milk solids, evaporated milk, ultraprocessed milk or powdered nondairy creamer mixed with water, if necessary, to equal ½ cup. (Use distilled water you will keep on hand.)
8. Eat salt-free foods whenever possible.
9. Avoid foods with high potassium content. Select only low-potassium fruits and vegetables. Remember that large portions of low-potassium food can become a high-potassium food.
10. Plan a diabetic diet, if necessary, to counteract low blood sugar reactions, such as sugar, honey, low-potassium juices, sugared soda, instant glucose or glucose tablets and hard candy.
11. Have ready-to-eat foods on hand. Remember that canned foods are often high in sodium. Check labels for sodium and potassium content.
12. Gather items to help make food storage and preparation easier:
 - * Measuring cups, food scale
 - * Coolers
 - * Thermos containers
 - * Propane stove or grill
 - * Hand-operated can opener
 - * Disposable dishes, utensils and paper napkins
13. Check with your doctor about keeping a supply of laxatives on hand.
14. As an added precaution, keep an extra copy of your emergency diet with your food supplies.

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Non-perishables approved for CKD/Dialysis Patients

Compiled by Renal Specialists of Houston, P.A.

Proteins	Breads/Grains	Snacks	Beverages
Canned tuna	Bagels	Animal crackers	7-Up
Canned chicken	Bread (white, French, Italian, rye, soft wheat)	Cookies (ginger snaps, shortbread, sugar, vanilla wafers)	Ginger ale
Peanut butter (unsalted)	Bread sticks (plain)	Graham crackers	Lemon-lime soda
Vegetables	Cereals, dry, low salt	Gumdrops	Mello Yello
Canned beets	Corn Pops	LifeSavers	Mountain Dew
Canned green beans	Cocoa Puffs	Lollipops	Orange soda
Fruits	Sugar Smacks	Newtons (fig, apple, strawberry, blueberry)	Root beer
Canned peaches	Fruity Pebbles		Slice
Canned pears	Puffed Wheat		Sprite
Canned apricots	Puffed Rice		Coffee
Canned mandarin oranges	Crackers (unsalted)		Non-dairy creamer
Fruit cocktail	English muffins		Fruit punch
	Melba toast		Hi-C (cherry, grape)
	Pretzels (unsalted)		Juices (apple, cranberry, grape)
	Rice cakes		Kool-Aid