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[www.unckidneycenter.org](http://www.unckidneycenter.org)

## UNC Pediatric Hemodialysis Emergency Plan

### Important Numbers:

984-974-1000 UNC Operator (ask for the UNC pediatric kidney doctor on call)

919-966-4359 Fresenius Carrboro Dialysis Unit

1-800-626-1297 Fresenius (Hemodialysis Unit) Disaster Response Team

- Please make sure your child has 2-3 weeks of medications in advance of a storm. If you do not have 2-3 weeks of all medications, please call your pharmacy 3-5 days before the emergency to request an emergency supply of medications. Please notify our office if they are unable to obtain medications in advance.
- Please obtain a supply of Kayexalate. This is a medication that can be given to your child in an emergency situation to help lower your child's potassium level. Please follow dosing recommendation on your child's prescription bottle.
- If you are staying home, please fill your tub with water that could be used for an emergency. Consider filling your vehicle with gasoline.
- Please buy bottled water. You need two gallons of water per person for one week. For a family of 4, that is 64 - 16oz bottles of water for a week.
- If your child is unable to get to the hemodialysis unit, please contact your pediatric kidney doctor and the dialysis unit at the numbers above. Please restrict your child's fluids to less than half of their normal fluid restriction per day until you are able to reach the dialysis unit or have talked with your primary doctor.
- If your child receives tube feeds, please be sure to have at least 7 days of extra feeding supplies, including your child's G-tube feeds and an extra G-tube for replacement.
- Consider registering with your local town, county, EMS and/or utility company as medically fragile.

## Helpful Web Links

Here is a link for an emergency packing checklist for dialysis patients to keep your child safe:

[https://www.freseniuskidneycare.com/~//media/Fresenius/FKC/Emergency%20Kit%20Checklist/FKC\\_Emergency\\_Kit\\_Checklist.pdf](https://www.freseniuskidneycare.com/~//media/Fresenius/FKC/Emergency%20Kit%20Checklist/FKC_Emergency_Kit_Checklist.pdf)

Here is a summary of the Emergency Kit:

First, find a backpack or duffel bag large enough for emergency supplies & personal belongings.

The Emergency Kit should include:

- A Ziploc bag with the following information: list of your current medications and allergies, copy of your insurance card and personal ID, emergency contact details, your doctor's number, dialysis treatment center information
- The Ziploc bag should include the UNC Hospitals number (984-974-1000) and the numbers for your pediatric nephrology team, home health company, and medical supply company
- At least 7 days' worth of medications
- At least 3 days' worth of nonperishable food, a manual can opener
- Bagged ice and cooler, or ice pack, to keep medicines cool if needed
- A radio, flashlight, and extra batteries, to keep up with news updates
- A car charger for your cell phone, in case of power loss
- Hand sanitizer/baby wipes
- First aid kit (including children's Tylenol, band-aids, and any other over-the-counter medications or supplies you and your child may need)
- Consider having a pillow and blanket for your child

Here is the link for an emergency meal plan for dialysis patients to help control your child's potassium level and prevent your child from becoming sicker while waiting for dialysis:

[https://www.freseniuskidneycare.com/~//media/Fresenius/FKC/Emergency%20Food%20and%20Water%20Supply/FKC\\_Emergency\\_Food\\_and\\_Water\\_Supply.pdf?la=en](https://www.freseniuskidneycare.com/~//media/Fresenius/FKC/Emergency%20Food%20and%20Water%20Supply/FKC_Emergency_Food_and_Water_Supply.pdf?la=en)

Here is a link for general information about preparing for a disaster if your child has kidney disease:

<https://www.freseniuskidneycare.com/ckd-treatment/making-a-plan/disaster-preparation>