FOR ADULTS ON HEMODIALYSIS · DISASTER PLAN

Three-Day Emergency Kidney Diet

For adults on hemodialysis whose dialysis is delayed or missed because of a typhoon, flood, earthquake, ashfall, power or water failure, or blocked roads. For patients and the family members who help them.

This is a temporary bridge to dialysis, not a replacement for it.

Try to get dialysis within 3 days of your last session. Call your dialysis unit or the backup unit below as soon as you know your session may be missed. Start this diet **as soon as the emergency is announced**, before you miss a session. Starting early does no harm.

Pansamantalang gabay lamang ito habang naghahanap ng dialysis. Hindi nito napapalitan ang dialysis.

Do not use this plan for: peritoneal dialysis, children, pregnancy, kidney transplant, kidney disease not yet on dialysis, sudden (acute) kidney injury, or tube feeding. Ask your team for your own plan.

Go to the nearest hospital now, or call 911, if you have:

- **Severe shortness of breath**, can't lie flat, or frothy spit
- **Chest pain** or pressure
- **Racing, pounding or irregular heartbeat**
- **Marked weakness**: heavy arms or legs, trouble standing, chewing or breathing
- **Confusion**, unusual sleepiness, or a seizure
- Fainting
- Fast weight gain *with* swelling or breathlessness
- Fever, chills, or pus or redness at your access or catheter

Feeling fine does not mean you are safe. Dangerously high potassium can cause *no warning signs* before it stops the heart. If you have missed dialysis and cannot get a session, go to a hospital that can dialyze even if you feel well.

Bring: this sheet, your medicine list, your last dialysis record, PhilHealth and ID cards.

The three rules

1. **Less meat, enough food.** Eat small, measured portions of meat and fish, but do not skip meals. Bread, crackers, sugar, jam and oil give you energy so your body does not break down muscle, which releases potassium.
2. **Measure everything.** Use a ½-cup measure and a tablespoon. Count every drink, soup and ice cube.
3. **No added salt, and never "lite salt."** Salt makes you thirsty. Potassium salt substitutes ("lite," "low-sodium" salt) can raise potassium to a dangerous level.

My information (filled in by my dialysis team before typhoon season)

Name	
My daily fluid allowance **set by my team — do not guess**	_____ mL a day = _____ cups Team initials: _____
My dialysis unit (name, phone)	
Backup dialysis unit (name, phone)	
My diabetes plan (if any)	
Other instructions, and low-salt brands my unit recommends	

If your team has not written a number, the national emergency plan (U.S. National Kidney Foundation) uses **2 cups (about 480 mL) of fluid a day**. Ask your team to fill in your own number.

Fluid — every drop counts

These all count as fluid: water, coffee, tea, juice, soft drinks, milk, **sabaw** (soup), lugaw and arroz caldo, **ice** and ice candy, gulaman and gelatin, **fruit syrup**, very juicy fruit like watermelon, and water taken with medicines.

For thirst: suck hard candy (sugar-free if you have diabetes), chew gum, rinse your mouth and spit, and eat less salt. Weigh yourself each day if you have a scale.

Hold for now — until you are back on dialysis

Hold for these days	Why
Buko juice (coconut water)	Very high in potassium, even though it is often given out for "hydration"
"Lite," "low-sodium" or potassium salt	Contains potassium chloride, a hidden potassium load
Patis, bagoong, toyo, seasoning cubes and powders, ketchup	Very salty, which makes you thirsty
Tuyo, daing, dried pusit, salted eggs	Very salty
Instant noodles and their seasoning packets	Very salty, and the broth counts as fluid
Hotdog, longganisa, tocino, luncheon meat, corned beef, nuggets	Salty, and often contain added phosphate. **Relief-pack corned beef or luncheon meat:** only if there is nothing else to eat, no more than ¼ of a small can at a meal, and remember it is very salty.
Flavored canned tuna; sardines in tomato sauce	Much saltier than plain tuna
Cola, sports drinks, chocolate and malt drinks, 3-in-1 coffee	Phosphate, potassium, and fluid
Saging, oranges, melon, dried fruit, kamote, patatas, gabi, kamatis, malunggay, monggo and dried beans	High in potassium in usual servings

These foods are not forbidden forever. Your regular meal plan may include some of them in measured amounts. Hold them only until dialysis resumes. **When you are back on dialysis, go back to your regular meal plan, which has more protein.**

Plan A — no cooking, no refrigerator

Open a can only at the meal. On a hot day (above 32 °C), eat or share what is left within **1 hour**, then throw it away. Buy the smallest cans. **Drain all fruit syrup.**

	Day 1	Day 2	Day 3
Breakfast	Milk: powdered milk made up to **½ cup** (or ¼ cup evaporated milk + ¼ cup safe water) 2 slices white bread + 1 Tbsp jam ½ cup canned pineapple, drained	Milk ½ cup (as Day 1) 2 packs plain low-salt crackers + 1 Tbsp jam ½ cup canned fruit cocktail, drained	Same as Day 1
Morning snack	1 pack crackers · 5 hard candies*	1 slice bread + 1 Tbsp jam · 5 hard candies*	1 pack crackers · 5 hard candies*
Lunch	Sandwich: 2 slices bread + 2 Tbsp peanut butter + 1 Tbsp jam ½ cup fruit cocktail, drained ½ cup safe water	Same sandwich ½ cup pineapple, drained ½ cup safe water	Same sandwich ½ cup fruit cocktail, drained ½ cup safe water
Afternoon snack	1 slice bread + 1 tsp margarine + 1 tsp sugar*	1 pack crackers	1 slice bread + 1 tsp margarine + 1 tsp sugar*
Dinner	Tuna sandwich: 2 slices bread + **¼ cup (about 55 g) plain tuna, drained** (in water or brine, *not* flavored) + 1 mayonnaise sachet (about 1 Tbsp) · ½ cup safe water. **Same every day.**		
Evening snack	1 pack plain low-salt crackers		

* **If you have diabetes:** skip the candy and added sugar, and use sugar-free jam if you can. Keep candy and sugar only to treat a low blood sugar (page 4). **Fluid in this plan:** 3 drinks of ½ cup = about 360 mL a day, plus water for medicines (no more than ½ cup per dose). If your allowance is smaller, drop a drink.

Plan B — when it is safe to cook

Use only with safe fuel, safe water and a stable place to cook. Keep Plan A and make these swaps:

Instead of…	You may have…	Safety rule
2 slices bread	⅔ cup freshly cooked white rice	Cook one meal's worth only. Eat within 1 hour. **Never keep cooked rice for the next meal.**
¼ cup tuna at dinner	2 boiled eggs, *or* about 60 g (2 matchbox-size pieces) fresh fish or chicken, cooked the same day	Cook well and eat right away. No leftovers without a working refrigerator.
2 Tbsp peanut butter at lunch	1 boiled egg	Same as above
(add once a day)	½ cup boiled or sautéed **sayote, upo or repolyo**, drained	Flavor with garlic, onion, pepper or calamansi. No patis, toyo, bagoong or seasoning cubes. Don't drink the cooking water.

Boiling vegetables and throwing away the water lowers potassium in some vegetables, but not enough to make high-potassium vegetables safe during an emergency. Stick to the vegetables listed.

Food safety when the power is out

- A closed refrigerator keeps food safe for about **4 hours**. A full freezer keeps it safe for about **48 hours** (half-full: 24 hours). Eat refrigerator food first.
- At room temperature, cooked or opened food lasts **2 hours**, or only **1 hour above 32 °C**.
- **Never taste food to check it. When in doubt, throw it out.**

Safe drinking water

- Use sealed bottled water first.
- Or let cloudy water settle and filter it through clean cloth, then **boil it at a rolling boil for 1 minute**.
- If you cannot boil it: add **8 drops of unscented bleach** (5–9%) per gallon (3.8 L), or 16 drops if cloudy. Mix and **wait 30 minutes**.
- **Do not add salt** to improve the taste.

If you have diabetes

- Keep checking your blood sugar, more often if you are eating less.
- **Do not change or stop your insulin or diabetes pills on your own.** Call your unit or doctor. Eating less while taking them can make your sugar drop.
- **Low sugar (below 70 mg/dL):** take 15 g of sugar, such as 1 Tbsp sugar, glucose tablets or hard candy (check the pack), then recheck in 15 minutes. Repeat if still low. Juice or regular soft drink (½ cup) also works but counts as fluid. **Do not use orange juice.**
- If the person cannot be woken or cannot swallow: **call 911**.

Medicines

- Keep taking your medicines as prescribed, including phosphate binders with meals, unless your team tells you otherwise.
- Keep at least a 1-week supply on hand.

My 3-day kit — Plan A, for one person

- ☐ 1 large loaf white bread (about 20 slices; buy fresh when a storm is forecast)
- ☐ 8 packs plain low-salt crackers
- ☐ 3 of the smallest cans of plain tuna (in water or brine)
- ☐ 1 small jar peanut butter (lowest-salt brand)
- ☐ 1 small jar jam (sugar-free if you have diabetes)
- ☐ 3 mayonnaise sachets
- ☐ Margarine, small tub or sachets
- ☐ Small pack of white sugar
- ☐ 1 bag hard candy
- ☐ Powdered milk for three ½-cup servings
- ☐ 6 single-serve cups (or smallest cans) of pineapple or fruit cocktail
- ☐ At least 2 liters of sealed drinking water for drinks and milk, plus separate water for washing
- ☐ ½-cup measure and tablespoon
- ☐ Manual can opener; disposable plates and utensils
- ☐ Unscented bleach and a medicine dropper
- ☐ Flashlight, radio, extra batteries
- ☐ 1-week supply of all medicines; diabetes supplies
- ☐ This sheet, in a plastic sleeve

Sources: National Kidney Foundation, *Emergency Meal Planning for Patients on Dialysis* and Council on Renal Nutrition emergency plan · CMS/KCER, *Preparing for Emergencies: A Guide for People on Dialysis* (v2.1, 2017) · KCER *3-Day Emergency Diet Plan* (2015) · KDOQI Nutrition in CKD Guideline (2020) · USDA FSIS and FoodSafety.gov power-outage guidance · CDC *How to Make Water Safe in an Emergency* · American Diabetes Association hypoglycemia guidance.

Reviewed and approved by William Gregory M. Rivero, MD, FPCP, DPSN (nephrology) · Version 1.0 · November 28, 2026. This is a general plan; your own team may change it for you.