










4 Sick Day Action Plan

Download this template and complete for people with CKD.
Date:

Review date:

<p>Contacts</p> <p>Doctor: Name: Phone:</p> <p>Pharmacy: Name: Phone:</p> <p>Family: Name: Phone:</p>				
When I am...	Health care	Medications	Self-care	Resources
 <p>Dehydrated (vomiting, diarrhea extreme heat)</p>  <p>Unwell (fever >38C, flu, COVID-19)</p>	 <p>Contact your doctor. Contact a family member.</p>	 <p>Stop taking medications:</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	 <p>Rest. Drink water so that you are passing urine every 2-3 hours and that it is straw coloured. Stay calm and contact family/ carer for assistance. Ask your GP to complete a Kidney Health Check when you are well.</p>	 <p>Drink Water Instead factsheet.</p>  <p>Acute Kidney Injury factsheet.</p>
<p>Well again</p>	<p>Ask your HCP about the medications you are taking. Ask about a Home Medicines Review.</p>	 <p>Take your prescribed medications:</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>Notify your HCP of any vitamins, herbal medications, teas, and over the counter medications you are using.</p>	<p>Ask your pharmacist if the medications are safe for your kidney disease stage. It is important to know your kidney disease + your eGFR. It is important to tell all health care providers you have CKD, including your dentist.</p>	 <p>Kidney Helpline 1800 454 363</p>