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Sick Day Action Plan

Download this template and complete for people with CKD.

Contacts	Doctor: Name: Pharmacy: Name: Family: Name:		Phone:	
When I am	Health care	Medications	Self-care	Resources
Dehydrated (vomiting, diarrhea extreme heat) Unwell (fever >38C, flu, COVID-19)	Contact your doctor. Contact a family member.	Stop taking medications:	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.	Drink Water Instead factsheet.
Well again	Ask your HCP about the medications you are taking. Ask about a Home Medicines Review.	Take your prescribed medications: Notify your HCP of any vitamins, herbal medications, teas, and over the counter medications you are using.	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.	Kidney Helpline 1800 454 363