



# KNOW THE FACTS FOR MEDICAL PROFESSIONALS

## PREPARING FOR CHLORAMINES

In April 2013, the following local water utilities: City of Bismarck, City of Lincoln, and South Central Regional Water District will embark on a modification of their current water treatment process. The new process will involve switching the disinfectant chemical from free chlorine to chloramines to comply with new federal regulatory standards. Chloraminated water is safe for drinking, bathing, cooking, and all other uses we have for water every day. However, there are three groups that need to take special precautions when using chloraminated water: kidney dialysis patients, fish, pond, and aquarium owners, and specialized businesses using high quality treated water.

## WHAT ARE CHLORAMINES?

Chloramines are disinfectants used to treat drinking water. They are formed by mixing chlorine with ammonia at carefully controlled levels. Similar to chlorine, chloramines are effective at killing harmful bacteria and other germs. Chloramines have been used safely in the United States for many years.

## WHAT DO DIALYSIS PATIENTS AND PROVIDERS NEED TO KNOW?

Similar to chlorine, chloramines can harm kidney dialysis patients during the dialysis process if they are not removed before entering the bloodstream. Dialysis units must be prepared for the anticipated chloramines concentration of 2-4 milligrams per liter. The removal of chloramine before the dialysis process is typically achieved by one of two methods; by adding ascorbic acid or by using granular-activated carbon filtration system, which is specifically designed to remove chloramines.



## IS IT SAFE FOR KIDNEY DIALYSIS PATIENTS TO DRINK WATER CONTAINING CHLORAMINES?

Yes, it is safe for kidney dialysis patients to drink chloraminated water. During the digestive process, chloramines are metabolized before reaching the bloodstream. Everyone including pregnant women, young children, and the elderly can drink, cook, and bathe in chloraminated water.

## WHAT SHOULD PEOPLE WITH HOME DIALYSIS MACHINES DO TO REMOVE CHLORAMINES?

If using chloraminated water, remember to contact a physician first for proper water treatment recommendations. Often, home dialysis service companies can be helpful in making necessary modifications to equipment.

## IS IT SAFE TO WASH OPEN WOUNDS WITH CHLORAMINATED WATER?

Yes. Chloraminated water is completely safe to use on cuts and wounds because no water enters the bloodstream.



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## **WILL CHLORAMINATED WATER INTERACT WITH MY MEDICATION?**

There is no known interactions between chloraminated water and any kind of medication.

## **CAN PEOPLE WITH KIDNEY AILMENTS, LOW-SODIUM DIETS, OR WITH DIABETES USE CHLORAMINATED WATER?**

**Yes.** Individuals with kidney ailments, low-sodium diets, or diabetes can use chloraminated water for all purposes.

## **WILL BOILING WATER REMOVE CHLORAMINES?**

**No.** Chloramine cannot be removed by boiling water, adding salt, or letting water stand in an open container to dissipate. Certified treatment devices designed to reduce or remove chloramines in water for all purposes.

## **RESOURCES**

### **Environmental Protection Agency (EPA)**

Safe Drinking Water Hotline: 1-800-426-4791

[www.epa.gov/safewater/disinfection/chloramine/pdfs/chloramine2.pdf](http://www.epa.gov/safewater/disinfection/chloramine/pdfs/chloramine2.pdf)

[www.epa.gov/ogwdw000/didinfection/chloramine/index.html](http://www.epa.gov/ogwdw000/didinfection/chloramine/index.html)

[www.epa.gov/safewater/mdbp/pdf/alter/chapt\\_2.pdf](http://www.epa.gov/safewater/mdbp/pdf/alter/chapt_2.pdf)

Water Resource Center: [www.epa.gov/safewater/resource/](http://www.epa.gov/safewater/resource/)

### **Centers for Disease Control and Prevention**

[www.cdc.gov](http://www.cdc.gov) 1-800-232-4636

### **The National Sanitation Foundation**

[www.nsf.org](http://www.nsf.org) 1-800-673-8010

## **QUESTIONS ABOUT CHLORAMINES?**

**Contact Your Water Provider Listed Below:**

### **City of Bismarck**

PO Box 5503

Bismarck, ND 58506-5503

(701) 355-1700

### **City of Lincoln**

74 Santee Rd

Lincoln, ND 58504

(701) 258-7969

### **South Central Regional Water District Office**

PO Box 4182

Bismarck, ND 58502-4182

(701) 258-8710