

Travel Planning with Peritoneal Dialysis

“Continuing to travel on dialysis can help you maintain your sense of independence.”

A common myth about dialysis is that dialysis patients need to give up traveling. On the contrary, travel can be extremely positive for dialysis patients. Use these smart tips to help make your travel planning easy.

Travel Benefits

Continuing to travel on dialysis can help you maintain your sense of independence, stay in touch with the people important to you, and help you continually expand your horizons. Maintaining a positive outlook is an important factor for your longevity and quality of life with chronic kidney disease (CKD). A change in scenery can open you to new experiences, new goals, and new dreams.

Plan Ahead

Whether you are planning a vacation, family visit, or business trip, smart planning is essential to making the most of your trip. Advance planning will give you the peace of mind that lets you enjoy your trip worry-free and it will make it easier to deal with any situations that may arise.

Planning Ahead

- Once you have identified your travel destination and desired travel dates, decide whether you want to pack all of your supplies or arrange to have some of your supplies shipped to you in advance.
- If you are travelling within the United States, you may need only a few weeks to arrange shipment of your supplies in advance. If you are traveling overseas, you may need to arrange the shipment a couple of months in advance.
- Discuss your travel plans in advance with your care team. Have a plan in place in case you need to miss an exchange due to an extended flight or other circumstance.
- On the days you'll be on the move during your trip, it may be helpful to plot out the locations for your exchanges in advance.
- If your travel involves a specific regional cuisine you wish to sample, look at that cuisine in advance with your dietitian to help you make smart food choices.



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Planning Ahead

- Keep a health diary with your medications, your doctors' contact information, and information about home center treatments. Keep this information up-to-date to make it easier to coordinate with the local dialysis center where you are traveling, should you need support during your trip.
- If your travel involves public transportation, pack your medications and supplies in your carry-on, not your suitcase. If you have a briefcase or a purse in addition to a carry-on, consider dividing your medication and supplies between these two bags. These two steps prevent being without your medication if your luggage is lost or stolen.
- Create an emergency information sheet that lists your condition, medications, doctors, and emergency contacts. Keep this information on your person while you are traveling. Also, make a plan in advance with your doctor of what to do if you are not feeling well on your trip.
- Have the phone number of a kidney doctor in your travel location with you at all times in case you need support while you are traveling.
- If flying, you may want to request a note from your doctor stating the medical need for your supplies to ease your way through the security screening process.