

Travel Planning with Hemodialysis

“Advance planning will give you the peace of mind that lets you enjoy your trip worry-free.”

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 easy and worry-free.

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. 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 will make it easier to deal with any situations that may arise.

Planning Ahead

- Begin researching dialysis centers in the location you wish to travel as soon as you have decided on your travel destination. The sooner you get on the schedule, the more likely a “guest” spot will be available at your travel destination during your desired travel dates. Some dialysis centers may need a few weeks to fit you in the schedule; others may require several months, depending on the location.
- Keep copies of your medical records and recent lab results on hand to supply them to the dialysis center you will be visiting. Requesting these records in advance will cut down on your lead time required for travel.
- 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 dialysis center where you will be receiving your treatments while you travel.
- If your travel involves public transportation, pack your medications 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 between these two bags. These two steps prevent being without your medication if your luggage is lost or stolen.



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Planning Ahead

- 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.

Dialysis-Friendly Destinations

- Some of the top U.S. travel destinations for dialysis patients include some of the top sun belt locations:
 - Orlando, FL
 - Las Vegas, NV
 - Houston and San Antonio, TX
 - New Orleans, LA
 - Atlanta, GA
 - San Diego and Los Angeles, CA
 - Charlotte, NC
 - Phoenix/Scottsdale, AZ
- Dialysis cruises are offered by several different cruise operators. This gives you another way to enjoy travel with your family and friends.
- If you are planning travel outside the United States, be sure to check with your insurer whether your dialysis treatments will be covered in your intended destination. Medicare covers travel in the United States and its territories.