

## TRAVEL TIPS FOR PATIENTS ON DIALYSIS

As a dialysis patient, it is still possible to take a trip. In fact, travel can be an important part of quality of life! Follow these tips and work with your dialysis care team to ensure your dialysis travel plans are successful. Remember to make your plans as early as possible when able, at least 4-6 weeks ahead of time.

### CONSIDER THESE THINGS AS YOU MAKE YOUR TRAVEL PLAN



Talk to your center's dialysis staff about your trip. You can work together to find the dialysis center in the right location where you are traveling.



Request your dialysis center to send your medical records to the dialysis center you wish to receive dialysis during your travels. Ask your center to make a copy for you to take with you on your trip.



Clarify if there will be a cost to you for each treatment received while you travel. It may be that there will be a portion you will be responsible for paying prior to your treatment.



Be sure to receive confirmation of the date and time for your treatment before you leave for your trip. Also confirm how many treatments you will receive at the location.



Be sure to take your prescription medications along when traveling. Keep medications in your carry on when flying, never in the luggage in case it gets lost. Also, have a printed list with you.



Have a list of your medical contact information of your providers. Carry your emergency contact information on your cell phone and in your wallet.



Make sure your vaccinations are up to date. You may also need updated lab tests to be completed, as well as additional testing for hepatitis and tuberculosis prior to travel.

