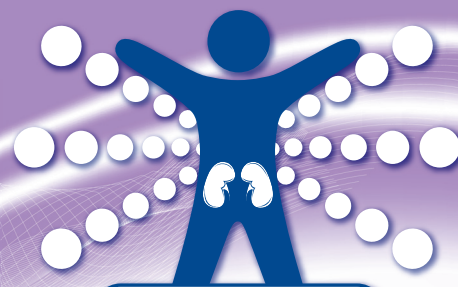


CHRONIC KIDNEY DISEASE

Kidney Disease and Travel



KIDNEYS

866.414.6565

Many patients who are on dialysis, have had a kidney transplant or are awaiting a kidney transplant feel that they have no choice but to say "no" to traveling for business or pleasure. This is not true. With a little planning and some help, you can travel! Working persons can attend business meetings and grandparents can visit their grandchildren. You can even go to those important family events, like weddings, graduations, reunions and even funerals. Traveling can be a big boost to your morale and sense of well-being.

Most patients can travel safely and continue their treatment away from home.

JUST REMEMBER THESE FEW TRAVEL TIPS:

- Always consult your doctor prior to planning a trip!
- Talk to your clinic nurse and social worker about your plans.
- Call your insurance carrier to learn about supplies and expenses.
- Ask for help locating a dialysis center in your travel area.
- If you undergo peritoneal dialysis, locate a center close to when you are traveling as a back-up. Call them to review your medical information.
- Pack your medical information in your carry-on luggage along with your medications. Remember to bring extra medication in case you get delayed when traveling.
- If you are active on a transplant waiting list, call your coordinator to help you decide whether to be "on hold" during the trip.

Take these tips into consideration and you can be off sightseeing in no time! Remember, be realistic when planning activities. Allow time to enjoy yourself without becoming too tired. Watch your diet and how much fluid you drink.

REFERENCE:

National Kidney Foundation (www.kidney.org), "Travel Tips: A Guide for Kidney Patients"

DaVita Online (www.DaVita.com), "Easy Traveling on Dialysis"

LifeOptions (www.lifeoptions.org), "Just the Facts: Traveling on Dialysis"



FOR MORE INFORMATION about CKD, call Care Management at 1.866.414.6565 (TTY: 1.800.473.0989).