



Kidney Q&A

0-3 months

Life Options Rehabilitation Program
414 D'Onofrio Drive, Ste. 200
Madison, WI 53719
www.lifeoptions.org

Q: Who can teach me how to make travel plans?

A: You can travel with kidney failure, with some extra planning. Your social worker can help you to:

- Learn what you need to know to travel
- Find a dialysis center to get your care from
- Check your insurance to see if it covers dialysis away from home

For **in-center hemodialysis** travel, your social worker will help you find a list of centers and may ask you to call them. Make plans 1-2 months before you want to travel—longer at holidays. You'll need to sign a permission form to send your medical records to the other center so they can treat you.

If you do **home hemodialysis**, there is at least one machine that is small enough to put in the trunk of a car or take with you as luggage on an airplane. It weighs 70 lbs. and is about the size of a large microwave.

For **peritoneal dialysis (PD)** travel, you can arrange to have your supplies shipped to your travel site, or take them with you. You may want to do CAPD on trips, even if you do CCPD at home. Your social worker can help you find a back-up center in case you have a problem. It will be easier if this center is used to your brand of supplies, or your cyclor if you take it with you.

What I can do to plan my dialysis travel:

- Talk to my social worker about my trip, my insurance, and what questions I should ask the nurse manager or social worker when I call centers.
- Look up on-line travel centers for my trip at:
 - www.homedialysis.org
 - www.wheredialysis.com
 - www.globaldialysis.com
 - www.dialysisfinder.com
 - www.nephron.com/usacgi.html
- Check out dialysis cruises and vacations at www.dialysisatsea.com/index.asp?id=1.
- Bring along the phone number of my home center and doctor.
- Take my drugs and medical records with me when I travel.
- Visit Home Dialysis Central at www.homedialysis.org to learn more.