



Going on holiday: Information for patients on Peritoneal Dialysis

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www.uhb.nhs.uk/patient-information-leaflets.htm

Introduction

Having the freedom to be able to travel away from home is very important for people receiving peritoneal dialysis treatment. There are many reasons why you may want to travel. These may include taking a holiday, working, attending a conference or visiting family and friends. If you are planning to travel, dialysis fluid supplies will need to be organised before you go.

This leaflet gives general advice and tips about dialysing away from home.

Thinking of dialysing away from home?

If you're thinking of travelling (either in the UK or abroad), you need to plan well in advance so your dialysis fluid supplies can be organised near to where you're going to stay. Before you book your trip please talk to one of your kidney doctors or nurses on the CAPD unit. They will be able to advise you whether you are fit enough to travel and give you information on the next steps.

If you are considering travelling abroad please see the separate leaflet on the 'Risks of dialysing abroad'.

Tips

- Talk to staff at the earliest opportunity if you are considering dialysing away from home. Check that you are fit to travel with dialysis nurse or kidney doctor.
- Peritoneal dialysis fluid can be delivered to a wide range of destinations around the world. This will be arranged through the company (Baxter) who manufactures them and the CAPD unit (Contact: Ms Helen Flanagan, CAPD fluid co-ordinator for more information).
- PD supplies can be delivered to your selected destination a few days before your arrival. Your accommodation (hotel or self-catering) must be prepared to receive and store this. It is important to make sure they understand the size of the delivery (that it could be a dozen boxes). Make sure they also understand that the supplies should be stored away from direct sunlight, but do not need refrigeration.
- You are advised to know details of the nearest hospital at your holiday destination that can look after patients on peritoneal dialysis. This will be useful if you need their services in case of an emergency.
- Your PD nurses will advise you on recognition and treatment of peritonitis. Antibiotic package will be provided that can be used if you notice the PD fluid turning cloudy.
- It is recommended that you call your destination 2-4 days before departure to check that the supplies have been received.
- If you need customs clearance for your travel, please ask your doctor for a letter confirming that your APD machine/ CAPD bags are for medical treatment.
- Discuss your travel itinerary with the PD nurse and seek advice on your dialysis exchanges during your travel.
- Ensure you take out the necessary travel insurance. It can

be more difficult to get travel insurance when you have a long-term condition, so it is a good idea to start looking for travel insurance before you book your trip. Some insurance companies may ask for a 'fit to travel' letter from your kidney doctor that says you are well enough to travel. Specialist insurance companies often cover a wider range of people with long-term conditions but can be expensive. It may be worth shopping around.

- Check if you need to have any special vaccinations.
- If you're on the transplant waiting list you will need to let your transplant co-ordinator your travel details so they can suspend you from the transplant list whilst you are away.

Additional information

Advice on healthcare abroad is available at:
www.dh.gov.uk/travellers

A leaflet 'Healthcare Advice for Travellers' is available at post offices.

NHS Kidney care have produced a framework which describes the processes for arranging dialysis overseas. Overseas Visitors and Holiday Dialysis: Guidance and Pathways (March 2011). Is available at: www.kidneycare.nhs.uk/Library/Overseas_Visitors_and_Holiday_Dialysis_March2011.pdf

EuroDial is an international dialysis organisation dedicated to the care and mobility of dialysis patients in Europe. Visit the website: www.eurodial.org

Global Dialysis provides details of holiday and travel information for dialysis patients.
Visit the website: www.globaldialysis.com

The National Kidney Federation www.kidney.org.uk

West Midlands Renal Network website www.wmrn.co.uk

Go online and view NHS Choices website for more information about a wide range of health topics <http://www.nhs.uk/Pages/HomePage.aspx>

You will also find local information leaflets within the different renal departments. A wide range of patient information leaflet and fact sheets are available through the University Hospitals Birmingham NHS Trust website and can be accessed via www.uhb.nhs.uk/patient-information-leaflets.htm

Useful numbers

CAPD Unit (09:00-17: Monday-Friday)
0121 627 2515

Hospital Switchboard
0121 472 1311

Ward 303 male & female renal medical (20:00-09:00 all week)
Ext: 13030/13031/13032

Ward 305 male & female surgical (20:00-09:00 all week)
Ext: 13050/13051/13052

Kidney Assessment Team (08:00-20:00 Monday-Friday and
08:00-16:00 Sat and Sun) 07887985486

The on-call renal registrar can be contacted by ringing the Queen Elizabeth Hospital switchboard on 0121 472 1311.



The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit www.uhb.nhs.uk or call 0121 627 7803

Renal Unit
Queen Elizabeth Hospital Birmingham
Mindelsohn Way, Edgbaston,
Birmingham, B15 2WB
Telephone: 0121 627 2000
