

THINKING OF TRAVELLING?

Patient TIPS for Living with Kidney Disease



**Have you thought of
going on a trip?**

**Here are some tips
to help you with
your planning.**

Pre-Dialysis

Before travelling to other countries:

- Purchase travel medical insurance that covers “pre-existing” conditions, i.e. your kidney disease and any unexpected, related costs.
- This will assure you that any costs will be covered by insurance.
- Check your own extended medical coverage to see if it covers pre-existing medical conditions while travelling.

Peritoneal Dialysis

With proper advance notice your HPR (Home Patient Representative) can arrange for selected supplies to arrive at predetermined locations which are approved for delivery within Canada, the U.S. and internationally.

- For U.S. and international travel each patient is allowed one 4-week supply each calendar year without freight charges.
- For international travel check if Baxter delivers to your planned destination.
- Freight charges apply to additional deliveries during each calendar year.
- Patients should be prepared to take their own dressing and medication supplies.
- Pickup of any unused supplies is not provided.

Tell your HPR as soon as you are considering travelling:

- Give a minimum notice of: 4 weeks for United States/Canada; 6 weeks for Hawaii and 2 months for international travel.

Before making your final travel arrangements, you should:

- Discuss your travel plans with your hospital dialysis unit.
- Obtain your doctor’s approval to travel to your destination for a specific length of time.
- Be aware that some hotels or areas you visit may have special product disposal requirements.

Once you have your doctor’s approval, give your HPR the following information:

- Name and phone number where you are visiting.
- Complete delivery address.
- Hotel/Resort name/Cruiseline.
- Contact name at facility and /or name reservation is made under.
- Arrival date/length of stay.
- Any special instructions.

Your HPR can advise you about:

- Additional delivery requirements.
- Restrictions for travel to certain destinations.
- Possible freight charges/export/import and/or storage fees.

Hemodialysis

What you need to do:

1. Plan several months ahead if you can.
 - Ask your dialysis unit for “The List” (a list of dialysis units around the world) or other travel information.
 - You may want to take a cruise. There are cruise ships that offer dialysis.
 - The internet has a lot of information, try: <http://www.globaldialysis.com>.
2. Call the unit of your choice and ask about availability and costs. You may have to pay out of country units in advance.
3. Arrange and book your dialysis treatments.
 - Give the dialysis unit you are going to the address and telephone numbers for our dialysis unit.
4. Tell your dialysis unit about your plans to travel.
5. Ask your social worker about a loan from the Kidney Foundation. They can tell you if you are eligible.

What the dialysis unit you are visiting will do:

1. Send us some forms to fill in.
2. Ask for blood work (including an HIV test) and MRSA and VRE swabs.
3. If you are travelling outside Canada, you may be charged for the equipment and staff time to give you Aranesp or Eprex and intravenous iron.

What we will do:

1. We will fill in the forms and send information about your dialysis treatments to the unit you are going to when travelling.
2. In the month before you plan to travel we will also do the blood work and swabs. We will ask you for consent to do the HIV test.
3. We will send the results to the other units.
4. The doctor will do a physical examination to make sure you are fit to travel.
5. If you take Aranesp or Eprex and intravenous iron we will give you a supply to take with you.

When you come home:

1. We will do MRSA and VRE swabs again.
2. File a return with MSP and your extended health plan (if you have one) for reimbursement of some of your expenses.

For more copies, go online at <http://vch.eduhealth.ca>
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