



Holiday Dialysis

UK Holiday Dialysis

The Process and Expectations

Step 1: Informing your dialysis unit that you want to go holiday dialysis

Step 2: Research Dialysis Centres

Step 3: Contacting the Dialysis Centre.

Step 4: Book your accommodation

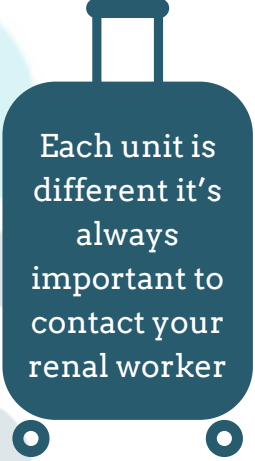
Step 5: Arrange Transport

Step 6: Travel Insurance

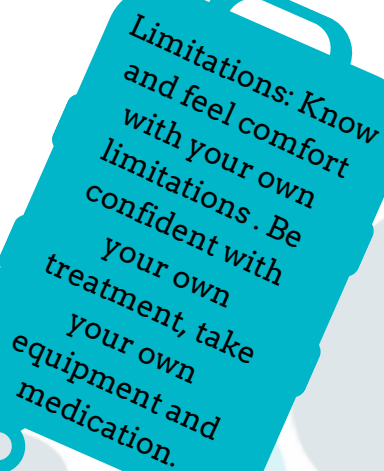
Step 7: Pack essentials

Step 8: Stay in Touch with the dialysis centre - don't leave with out a contact before hand

Step 9: Enjoy your holiday



Each unit is different it's always important to contact your renal worker

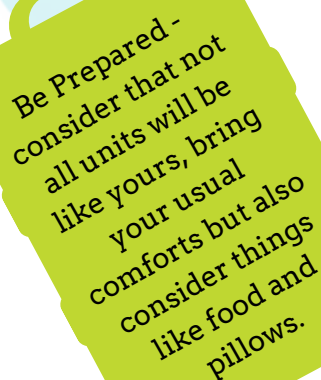


Limitations: Know and feel comfort with your own limitations. Be confident with your own treatment, take your own equipment and medication.



Research hotels/locations Locations - look at cities as well as costal areas. Have a few places in mind that you'd like to visit to avoid disappointment.

Things to consider



Be Prepared - consider that not all units will be like yours, bring your usual comforts but also consider things like food and pillows.



Hotels - check accessibility, distance from units, inform your hotel of any requirements you have.

Abroad Holiday Dialysis

Things to consider

- Research destinations. (nephrocare.com - locations)
- Inform your unit you want to go on holiday.
- Accommodation & Transport.
- Vaccinations
- Travel insurance.
- Dietician & physio advice.
- What medications you need (split between luggage and hand luggage)
- Have a contact number or contact for the unit you will be visiting.
- Language barriers
- Go as far as you feel comfortable - start off small.



Cruise Dialysis

FAQ taken from



Where will my dialysis take place?

Your dialysis will take place onboard the ship in the dedicated dialysis suite.

When will my dialysis take place?

In most cases the dialysis teams try to arrange your dialysis when the ship is sailing to best allow you to make the most of your time when you are ashore.

When will I have my first and last dialysis sessions?

Your first session will be the day after you embark and your last session will be the day before you disembark. Sessions inbetween will match as closely as your current session, a schedule will be given before you depart.

Can the dialysis team be contacted 24 hours a day?

Yes, you will be introduced to the dialysis team on board at a meeting, this is where you will be given contact details for the team if this hasn't been shared before departure.

Can I get a grant towards the cost of the cruise?

Yes Kidney Care UK offer holiday grants

For more information and to request a free brochure visit:
www.cruisedialysis.co.uk



Cruise Dialysis

Pre-Cruise Preparation: Before departure, familiarize yourself with the cruise ship's layout, including the location of medical facilities, dining venues, and accessible areas. This can help you navigate the ship more effectively during your trip.

Plan out what you want to do and book your dialysis early to make sure you get the slot you wanted.

Things to consider

Don't forget to communicate with your renal social worker and dialysis centre, when considering cruise dialysis

Sun Protection: Protect your skin from prolonged sun exposure, especially if you're receiving dialysis, as certain medications or medical conditions can make your skin more sensitive to sunlight. Use sunscreen with a high SPF, wear protective clothing, and seek shade whenever possible.

Top Tips

Talk to your renal consultant or social worker

Have a few locations in mind when looking to book your holiday

Consider bringing home comforts and food for your sessions

Talk to your dietician if travelling abroad about any food concerns

Ask the dialysis unit before you visit if they accept visitors

For PD dialysis remember to bring tape. Consider where the bed is in relation to the bathroom

Travel Insurance

Please find below travel insurance providers that are available to patients with chronic kidney disease. Whilst Kidney Wales cannot recommend any sole provider, this list has been compiled by patient recommendations and travel experiences from the renal community.

Company	Contact no.	Website
Freedom	01223 446914	www.freedominsure.co.uk
Insurance with	02038 293875	www.insurancewith.com
All Clear Travel	08081 645913	www.allcleartravel.co.uk
Insure & Go	03304 001385	www.insurandgo.com
Cover Cloud	03300 244496	www.covercloud.co.uk
Just Travel	0800 294 2969	www.justtravelcover.com
OK to Travel	0122 344 6920	www.oktotravelinsurance.co.uk
Free Spirit	0239 241 9070	www.freespirittravelinsurance.com
Good to Go	0330 024 9949	www.goodtogoinsurance.com
JD Travel Insurance	0344 247 4749	www.jdtravelinsurance.co.uk
Puffin	0333 772 0346	www.puffininsurance.com
Asda	0800 138 2373	https://money.asda.com/travel/insurance
Get Going	0203 8296 613	www.getgoinginsurance.co.uk
World First	0345 908 0161	www.world-first.co.uk
Avanti Travel	0800 888 6195	www.avantitravelinsurance.com
Medisafe	0127 962 1640	www.medisafeinsurance.com

Helpful Resources

- **www.kidneywales.cymru**

For information on grants, webinars and general advice.

- **www.kidney.org.uk**

For helpful holiday information leaflets and guidelines for patients.

- **www.kidneycareuk.org.uk**

For helpful holiday information, holiday grants & Freedom holiday dialysis support.

- **www.cruisedialysis.co.uk**

Information on cruise dialysis

- **www.whssc.nhs.wales**

Welsh Health Specialised Services Committee - for information on holiday dialysis funding. (Welsh patients only)

- **www.nephrocare.com**

For research into unit locations across Europe.

Please note the holiday dialysis webinar is available to watch on our YouTube channel where further questions and answers are available.

Should you wish for further help or support please contact us on

02920 343 940

Or complete our online enquiry form via our website