



Royal Berkshire
NHS Foundation Trust

Going on holiday on CAPD

Advice for those on CAPD
who wish to travel

Department of Renal Medicine
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Things to consider when planning your holiday

- Check with the doctors in clinic that you are fit to travel before you book your holiday. The holiday should only be for a maximum of two weeks.
- Check with nursing staff if your fluid is available at your destination and how long it will take to deliver. A few countries, mainly in Asia, do not colour code their bags so you have to know the glucose strengths. Some countries do not supply *Extraneal* or *Nutrineal* so we may have to find an alternative regime for your holiday.
- When booking your holiday, make sure you obtain full details of the address and contact number for delivery.
- Please make sure that your passport is valid for a further six months after the date of your return journey.
- When taking out travel insurance you must state that you are on CAPD.
- If you are on an active transplant list you will need to be suspended for the duration of the holiday and until you obtain repeat tissue typing bloods on your return.
- Inform your destination that your fluid will be delivered a few days before your arrival.
- Give the nursing staff the full details of your holiday, including: travel dates, destination address and contact phone number, booking number and the name the holiday is booked under, and your current dialysis regime.
- You will receive confirmation of your fluid order within two weeks; if you don't, please contact the unit.
- If you change your regime prior to going on holiday, please inform the unit immediately.
- Two weeks before you are due to travel, or following your clinic visit if it is just before you travel, contact the unit for travel letters for customs, the cabin crew and emergency doctor.

Tips for a successful holiday

- *Baxter* only deliver dialysis fluid – other items such as caps / shields / cleaning and dressing items / bag warmer / rubbish bags etc, you will need to take in your main luggage.
- Cleaning solutions should not exceed 100mls per item – we suggest you decant larger bottles into small travel containers.
- Chemists (such as *Boots* and *Superdrug*) sell small empty travel bottles – ideal for taking small amounts of cleaning fluids.
- Please discuss with us in advance if you plan to go swimming, whether in the sea or in a chlorinated swimming pool. We will review your exit site and will adjust advice and care depending on individual circumstance.
- Think about your journey – will you need to do your dialysis at different times to allow for time differences, journey etc? Talk to the nurses if you want some advice.
- If you want to do an exchange at the airport, book the use of their first aid room before you travel.
- Remember, if it is hot you may need to use weaker fluid or allow yourself a little more to drink than normal in order to stop yourself becoming dehydrated.
- Drink bottled water and avoid ice cubes and salads when abroad in order to avoid risk of tummy upsets.
- Don't take shortcuts when doing your dialysis on holiday as this may lead to infection and spoil your enjoyment.
- Take yellow/orange clinical waste sacks to the local doctors or hospital at the end of your holiday.

Approximate fluid delivery times to holiday destinations

Argentina – 8 weeks

Ireland – 4 weeks

Australia – 4 weeks

Israel – 4 weeks

Austria – 6 weeks

Italy – 6 weeks

Balearic Islands – 6–10 weeks	Japan – 6 weeks
Brazil – 8 weeks	Mainland Spain – 4-8 weeks
Britain – 2 weeks	Mauritius – 10 weeks
Canada – 6 weeks	Netherlands – 4 weeks
Canary Islands – 8–12 weeks	New Zealand – 4 weeks
Caribbean – 8-12 weeks	Nordic Countries – 4-6 weeks
Channel Islands – 4 weeks	Portugal – 4-8 weeks
Cruises – 4 weeks	Switzerland – 4-6 weeks
Cyprus – 8 weeks	Turkey – 4 weeks
Germany – 4 weeks	USA – 4–10 weeks
Hong Kong – 8 weeks	

We ask you to avoid the following countries if possible due to the cost involved in delivering fluid. If you do wish to go to one of the countries, please talk to the nurses.

France – 4 weeks, Ghana, Gibraltar, Greece and islands – 8 weeks, India – 3-4 months, Kenya, Malaysia, Malta – 8 weeks, Pakistan, Philippines, Saudi Arabia, South Africa – 4-12 weeks, Thailand.

Travel insurance for renal dialysis patients

The Royal Berkshire Hospital is not able to recommend an insurance company but it may be useful to contact renal organisations such as Kidney Care UK or the National Kidney Federation for more information and recommendations.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.