

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 & 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 patient organisations for more information and patient recommendations.

- National Kidney Federation 01909 544999
- The British Kidney Patient Association 01420 541424

Visit the Trust website [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

This document can be made available in other languages and formats upon request.

RBFT Department of Renal Medicine, February 2017  
Review due: February 2019



**Royal Berkshire**  
NHS Foundation Trust

# Going on holiday on CAPD

## Advice for those on CAPD who wish to travel

Department of Renal Medicine

Tel: 0118 322 8555 / 7322

Fax: 0118 322 8771

## 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 and whether you are on the transplant list.
- You will need a European Health Insurance Card (EHIC) if travelling to Europe. This *may* entitle you to free or reduced cost treatment, even with insurance. Pick up the leaflet *Health advice for travellers* and an EHIC application form from the Post Office or from the hospital's Information Zone on Level 1 near the main entrance.
- 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* will deliver your fluid, caps and shields but you will need to take your warming box (and possibly an adapter) and all your cleaning fluids, dressings, yellow rubbish bags etc.
- Chemists (such as *Boots* and *Superdrug*) sell small empty travel bottles - ideal for taking small amounts of cleaning fluids.
- Take *Bioclusive* dressings to cover your exit site, if you are planning to swim in a chlorinated pool. Avoid swimming in the sea.
- 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 rubbish bags to the local doctors or hospital at the end of your holiday.

## How long does it take to get fluid to your holiday destination?

### These are all approximate.

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