

# My Dialysis Travel Checklist

## for In-Center Hemodialysis



With some planning, most people can safely continue dialysis treatments when they travel away from home. Be sure to talk with your care team as you begin.

I'm looking forward to traveling to: \_\_\_\_\_ on \_\_\_\_\_. I'll start my planning on \_\_\_\_\_.

### Getting Started

#### 1 to 2 months before I travel:

- Discuss travel plans with my facility.
- Set up dialysis at a center where I am traveling or work with my home facility to help me do this.
- Complete any paperwork required by the center.
- Talk to my home facility about anything needed by the new facility.
- Find out from my insurance company how travel dialysis costs are covered.
- Ask my nurse for a copy of my patient summary.

#### 1 to 2 weeks before I leave:

- Confirm my dialysis appointment(s) with the new facility.

### Where I'm Staying

#### When making hotel reservations:

- Ask for a refrigerator (if needed for medicine).
- Request a room location or type, such as one that is wheelchair accessible, if needed.

#### When staying with family or friends:

- Think about sharing my dialysis treatment schedule(s).
- Talk about my kidney friendly diet needs.

### Packing

- Pack my medicine for the length of the trip plus up to 5–7 extra days. Keep in carry-on bag if traveling by plane or train.
- Pack items for my dialysis treatments (book, pillow, mask, etc.).

### Traveling During COVID-19

- Plan my trip knowing the most recent COVID-19 precautions.
- Talk to my care team about any safety concerns of traveling.
- Visit the [CDC's Travel page](#) for information about domestic and international travel.
- Pack extra masks, hand sanitizer, and disinfectant wipes.
- Pack extra medicines and supplies in case there are any unexpected delays.

### While traveling, carry this information with me:

- Insurance and/or Medicare card
- A [wallet travel card](#) with my home care team contact information and emergency contacts
- Letter of medical necessity from my doctor (for dialysis supplies, medicines)
- A list of my medicines and the dosages
- My dialysis prescription
- Copy of my medical summary (from my nurse)
- My home or in-center facility phone number



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