

Traveling while on Peritoneal Dialysis

1. Consult your doctor or Peritoneal Dialysis (PD) nurse to discuss your plans in detail, including your destination, recreational activities and sports.
2. If you are flying, put any essential medical information, your medication, and your supplies in your carry-on bags in case your luggage gets lost. Ask the PD team for a medical note to allow you to travel with medication and liquids.
3. Be sure to have important phone numbers with you. You should have the name and number of your primary care doctor, nephrologist, dialysis center, and PD nurse on call.
4. Pack enough medication to last your entire trip plus a few days extra for delays or emergencies.
5. Pack enough dialysis supplies for each night's therapy plus some extras in case of problems. It may also be possible to have some supplies shipped to your destination.
6. If you are active on the transplant list, please contact your transplant coordinator about your travel plans and you can come up with a plan together.
7. When travelling in the winter when weather can be bad make sure you consider packing the following items:
 - First aid kit
 - Water

- Non-perishable food
- Battery powered radio
- Extra batteries
- Flashlight
- Cell phone
- Chargers
- Backup generator
- Hand sanitizer
- Blankets

8. Store your personal information in a waterproof sleeve including our facility information:

- Dialysis Unit Hours are Monday – Saturday, 6am – 6:30pm
- Unit Phone Number: **(734) 232-7373**
- PD Nurse Phone Number: **(734) 232-7383** (office)
- After Hours Paging Operator: **(734) 936-4000**, ask for on call nephrologist or on call dialysis nurse

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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