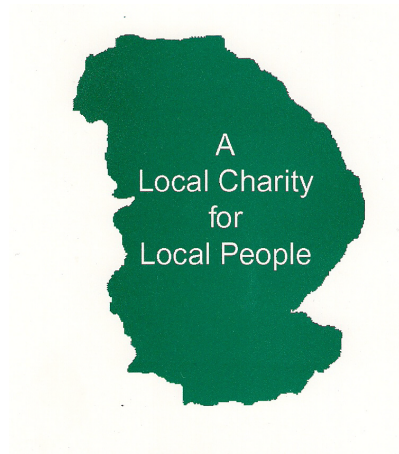


# Lincolnshire Kidney Patients Association



**KIDNEY PATIENTS DO YOU TAKE A  
HOLIDAY?**

## **KIDNEY PATIENTS DO YOU TAKE A HOLIDAY?**

You like to go on holiday, your kidneys fail and you may think that holidays are something you can no longer have.

That is not true, with your doctor's agreement you can still have your holiday, not only you but your family as well.

You can holiday in this country, you can holiday abroad and you can cruise.

### **Haemodialysis Patients.**

There are dialysis units in many parts of the country, there are units abroad and there are dialysis cruising holidays.

In this country there are NHS units and Private units who take holidays patients and the costs are met by the NHS. They are staffed by trained staff and private units have to conform to current regulations.

You may find minor differences to what you are used to but that is all.

The important things to remember;-

- 1 Plan your Holiday early. Before you can holiday in a unit, medical information needs to be exchanged between the units.
- 2 Be flexible in the area and dates you may wish to holiday because not all units take holiday patients or they may take them at certain times of year.
- 3 Book your dialysis before you book your accomodation.
- 4 Not all holiday units provide transport.
- 5 Take out insurance to cover your holiday.

The Clerical organiser on the Lincoln unit, Alison Dale is the holiday organiser and has information on dialysis units and holiday insurance.

Alison is very helpful and she will advise you on many matters.

## **Peritoneal Dialysis Patients**

PD patients are not restricted as much as haemodialysis patients with regard to holidays.

If you are APD then you can take your machine with you, ensure that the electricity supply where you stay is suitable.

If you are CAPD you are free to go where ever you like

Regarding the fluids you require, they will be delivered to the address where you are staying.

As a general rule, if you are holidaying in the uk there are no restrictions for the delivery of the fluids.

If you are holidaying abroad "A" rated countries (most European countries) there are no restrictions for the delivery of fluids.

For other countries there is a restriction of three months supply of fluids.

With holidays abroad you will need the signature of your consultant to certify that you are fit to travel.

The important things to remember are:

- 1 Plan your holiday early.
- 2 Let your Home care team know when and where you are planning to go preferably with three months notice.
- 3 Take out insurance to cover your holiday.

The person who will make arrangements for you is Ruth Bullen in Leicester. Ruth is very helpful and will give you advice and make the arrangements for the delivery of your fluids, for you.

Ruth can be contacted on 01162584136

## Cruising Holidays

Cruising can be enjoyed by both haemodialysis patients and PD patients.

The advice already given applies to cruising the same as other holidays.

One of our patients on haemodialysis, cruised for the first time last year.

He cruised down the River Danube with stops in Hungary, Austria and Slovakia, he says the food was excellent (take care with your dietary requirements) and the dialysis first class.

He made arrangements through a firm in Boston who specialise in cruising.

An article from him will appear in a later edition of the newsletter.

### USEFUL CONTACTS FOR HOLIDAY DIALYSIS

- 1 Alison Dale at the Lincoln Renal Unit (01522 573561)
- 2 Mick Walker Secretary Lincs-KPA (01427 880125)
- 3 For Cruising Holidays  
a [www.dialysisholidays.co.uk](http://www.dialysisholidays.co.uk) or tele no  
0844 8002624  
Contact Lisa Parnell

(B) Freedom Holidays tele 01509 815999

4 For Haemodialysis the following websites have many units names and numbers.

- a) [www.kidney.org.uk/holidays/dialysis](http://www.kidney.org.uk/holidays/dialysis)
- b) [www.renal.org/unit](http://www.renal.org/unit) - click on the hospital and detail display.

I have holidayed this year at the Lakeland Dialysis Unit in Cockermouth Cumbria. An excellent unit with very experienced staff who give you a very friendly welcome.

The Clan Clwyd Unit near to Rhyl North Wales.  
A Fresenius unit staffed by NHS staff and again very good.

The Easingwold unit near to York an NHS unit and again a very good unit.

Later in the year I shall visit North Devon and dialyse at the South Molton Unit.

Please do take a holiday it is one of the best tonics.

Remember to be flexible in when and where you wish to go.

It is not late to holiday this year, Autumn and winter Holidays are enjoyed by many.

When you have holidayed tell the LKPA about it and we will include it in an edition of the Newsletter.

Tony Perry ( Chairman LKPA)