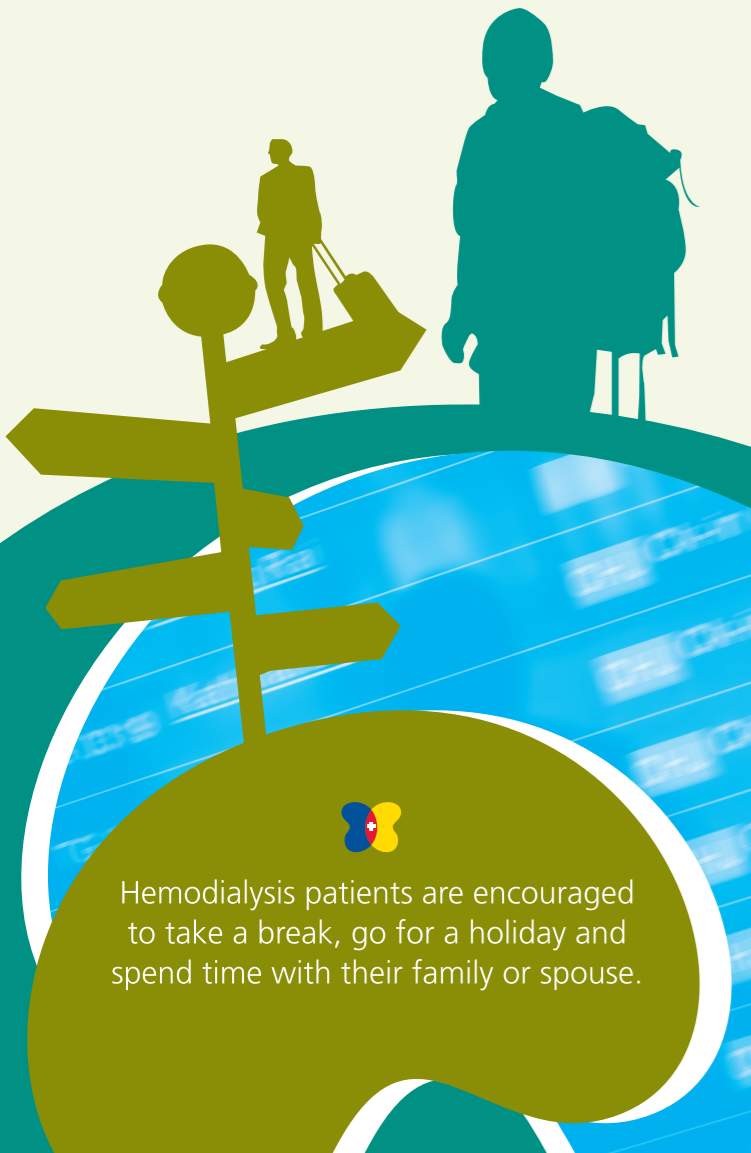


TRAVEL GUIDE FOR HEMODIALYSIS PATIENTS



Hemodialysis patients are encouraged to take a break, go for a holiday and spend time with their family or spouse.

Travel Guide For Hemodialysis Patients

Can patients on hemodialysis treatment, travel?

Certainly!

Hemodialysis patients are encouraged to take a break, go for a holiday and spend time with their family and spouse. However, before planning for a trip, the patient should be reasonably healthy and also certified fit by doctor for any trips. Planning for the trip should start four weeks prior to departure date. If it is during peak season you will need to start six weeks prior to departure date.

What are the necessary preparations before the trip?

- Decide on the destination. Eg. Country, Cities
- Decide on the length of the trip. Eg: 3 days, 2 weeks
- How is the holiday organized :
 - Tour agency
 - Free and easy
- Decide on the type of holiday activities: Fishing, cruise, sightseeing, visiting family and friends, etc. The type of activities carried out may or may not be near a dialysis facility. This must be considered during the planning.

Who to inform?

Doctor in charge:

- You need to consult the doctor on medication and the number of dialysis needed during the trip. This will be

according to the number of days planned for the holiday.

- To obtain a medical summary of your current condition. This will give the transient dialysis centers' charge nurse an idea of your diagnosis, previous medical treatment and current status.

Nurse in charge:

- To help you to reschedule your treatment for your departure date & arrival date.
- To help with the medical summary.

How to find a dialysis facility convenient to the destination?

You can find these information from:

- Doctor in charge
- Nurse in charge of dialysis center
- Medical social worker
- Dialysis journals such as Dialysis & Transplantation (July issue every year)
- Internet

What are the basic information you should give the dialysis facility?

- Nurse in charge to fill up the 'Patient information data' which the doctor in charge has to sign.
- The days in which dialysis is needed

How do you get this information to the transient dialysis facility?

- You can fax it to them.
- If the center does not have a fax machine, you should bring the documents to the dialysis facility when you get there.

What about payment?

- You need to ask the nurse in charge of the transient dialysis facility about the amount to pay for each treatment. Preferably this should be done before you start your trip to help you with your budget. Note that most centers differentiate charges between Hepatitis B positive and negative status.
- Find out how you can pay. E.g.: cash, credit card or travelers check, etc.

Do I need to confirm treatment reservation?

- Yes. Two weeks before the departure, call the facility again to confirm.
- When you arrive at your destination, call the dialysis center again to reconfirm appointment.

What else must I do?

- You might need Resonium for this trip. Remember to take the medication according to the instructions.
- You may visit the dietitian for some advice especially if dialysis treatment is reduced during the trip.



You may visit these websites for more information:

<http://www.kdf.org.sg/health.aspx>

<http://www.davita.com>

<http://www.uptodate.com/patients/index.html>



血液透析病人的旅游指南



血液透析的肾病患者也受鼓励与家人或配偶出国散心或旅游。

血液透析病人的旅游指南

接受血液透析的肾病患者是否可以出国旅游?

当然可以！血液透析的肾病患者也受鼓励与家人或配偶出国散心或旅游。但在策划任何假期之前，病患者健康状况须良好，同时也获得医生证明适合出国。你需要在启程前的四个星期开始计划假期行程。若要在旅游旺季出国，你需要在启程前的六个星期开始计划。

出国旅游前有哪些准备工作?

- 决定旅游的目的地 – 国家，城市
- 决定假期的长短 – 五天，两个星期
- 怎样的旅游方式 – 参加旅行团，自行旅行，和家人朋友一起旅行
- 旅游的目的 – 观光，探亲
- 旅游性质 – 钓鱼，邮轮，度假屋，观光

你在计划的同时也应该考虑到所安排的活动附近是否有洗肾设备。

需要通知哪些人?

主治医生

- 你需要向医生询问在旅行期间所需要的药物与洗肾的次数。这将根据假期的长短而定。
- 索取一份最新的健康病情报告。这有助于让当地的洗肾中心护士对你的病情有一定的了解。

洗肾中心的护士长

- 帮助你安排在出国前与回国后的洗肾治疗。
- 帮助你更新你的健康病情报告

如何寻找一个靠近旅地点的洗肾中心?

你可以通过以下方式寻找洗肾中心

- 主治医生
- 洗肾中心的护士长
- 医药社会工作者
- 有关的洗肾杂志如Dialysis & Transplantation
- 网际网络

该提供哪些基本资料给当地的洗肾中心?

- 洗肾中心的护士长
- 你的洗肾日期表

如何把资料传送给当地的洗肾中心?

- 通过传真。
- 如果中心没有传真设备，当你到达目的地后，亲自把文件交到洗肾中心。

洗肾收费和付款方式

- 向洗肾中心的管理护士查询每次的洗肾收费。这些费用也应该被计算在你的旅游开支之内。注意大多数的洗肾中心都会区别B 型肝炎。
- 询问如何付款，如现金、信用卡或旅游支票。

需要再次确定洗肾的日期与时间吗?

- 需要。在出发的两个星期前，再与当地的洗肾中心确定预约表。
- 当你到达目的地时，也应该再次确定所预约的日期与时间。

还需要做些什么?

- 在旅途中，你可能需要Resonium。请遵照医生的指示服药。
- 若洗肾次数减少，你也可以向营养师请教适当饮食摄取的忠告。



欲知详情，可参阅以下的网址：

<http://www.kdf.org.sg/health.aspx>

<http://www.davita.com>

<http://www.uptodate.com/patients/index.html>

