



Dialysis Cruising



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Whether you are on
in-center hemodialysis,
peritoneal dialysis, or
home hemodialysis

taking a cruise is an option for you. It takes
a bit of planning, but what vacation doesn't?

I have experienced several cruises
that have offered services for dialysis
patients. The treatments were performed
in staterooms on the lower level of the
ship, close to the infirmary.

We used a portable reverse osmosis
machine attached to the water from the
bathroom to provide the purified water
needed for the dialysis treatments.
We used jugged acid and bicarbonate
solutions and a standard dialysis
machine.

Your current doctor's orders are followed
for your estimated dry weight, dialysis
bath, needle size, and treatment time.

The staff are well groomed in the
machines and water systems and are
required to have at least three years
of experience in performing in-center
dialysis.

Typically, the patient to staff ratio
was two patients for every nurse or
patient care technician. In addition, a
nephrologist is assigned to round on
each patient that is having in-center
dialysis administered. If you are a home
peritoneal dialysis patient or a home
hemodialysis patient, you will not need



to be seen by a nephrologist or nurse.
Home patients typically will have their
supplies delivered to the port to be
loaded onboard and sent to their rooms.

You should always consult with your
current health care team before deciding
if you are stable enough to travel.

The company that you plan your cruise
with will require medical information
including, but not limited to, a current
EKG, a current history and physical, most
recent lab results, current medication
list, three flow sheets, and a lab result
for a Hbsag (hepatitis status) within six
months of your sailing date.

It is recommended that you hand carry
your last three treatment sheets, a
copy of your latest lab results, and all

medications you will need while away.

Unfortunately, Medicare and Medicaid
have never covered dialysis cruise
treatment costs, but some supplemental
insurance companies will reimburse a
percentage of the cost. I suggest you
contact your insurance company to see
if they will cover any of the cost before
making your plans. You will have to deal
with your insurance company as the
dialysis cruise companies will not do that.

Your cruise coordinator will inform you
of all requirements needed to travel.

With proper planning, there is no reason
why being on dialysis should hold you
back from traveling.

Happy travels, stay safe!!

