

TRAVEL GUIDE

FOR DIALYSIS PATIENTS



 **Davita**®

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Dear Patient!

The rhythm of life for patients undergoing renal replacement therapy is determined by dialysis sessions. However, starting dialysis does not mean the end of travel!

Who among us doesn't love the view of the Masurian lakes, the seaside beach or the mountain peaks? Travel dialysis allows you to get away from your daily routine and enjoy new experiences, which may have a positive impact on your well-being.

The majority of dialysis patients can safely travel and continue their therapy away from home, provided their condition is stable.

We have compiled a guide on how to plan your trip in terms of travel sessions and which places in Poland to go to in order to combine treatment and relaxation. Since summer is the most popular holiday time, we've included a few tips on fluid intake, sun protection, and caring for your dialysis vascular access site.

Whether it is summer, the Polish golden autumn or a beautiful winter, it is a time when DaVita centres across Poland – over 60 in total – welcome numerous travel dialysis patients from both Poland and around the world. We hope that this guide will allow you to enjoy the summer and benefit from travel haemodialysis sessions at any dialysis station.

We encourage you to get active! Travelling is also possible as long as you take proper care of your health.

Take care of yourself this summer and enjoy your holidays!

DSc Szymon Brzóska <i>Chief Medical Officer, DaVita Poland</i>	PhD Marta Serwańska-Świątek <i>Deputy Chief Medical Officer, DaVita Poland</i>	MSc Gabriela Magrian-Greener <i>Chief Nursing Officer, DaVita Poland</i>
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DaVita welcomes you to travel dialysis

A change of environment, fresh air, admiring architecture, long walks along historical routes, visiting family or staying in the woods or by the sea are a very important part of the treatment which have a positive effect on the patients' condition. Patients may receive travel haemodialysis sessions at any DaVita dialysis clinic in Poland.

DaVita dialysis clinics are located across Poland – including Zakopane, Ustroń, Kołobrzeg, Pisz and Malbork.

They are located in towns and cities, where you will get safe treatment and find a friendly, warm atmosphere.





DaVita clinic in Kołobrzeg

- 📍 Jedności Narodowej 86/88, 78-100 Kołobrzeg
- ☎ + 48 94 354 54 30
- 📍 Łopuskiego 31, 78-100 Kołobrzeg
- ☎ + 48 94 353 03 61

Kołobrzeg is one of the most beautiful cities on the Polish coast. Wide, sandy beaches, an impressive pier, a long dune promenade, a lighthouse overlooking the entire city, the largest harbour in Poland. It never gets boring in Kołobrzeg and you can really relax there. There are two DaVita dialysis clinics here, situated about 400 meters from each other and 1,500 meters from the white beaches.

DaVita clinic in Zakopane

- 📍 Balzera 15, 34-500 Zakopane
- ☎ + 48 18 531 00 30

There is always something to do in the capital of the Polish Tatra Mountains. In between treatments: walks in Krupówki, trips to Morskie Oko, a drive to Gubałówka, admiring traditional highland architecture and enjoying the view of the mountains whatever the weather or time of day.



DaVita clinic in Ustroń

📍 Sanatoryjna 7, 43-450 Ustroń

☎ + 48 33 472 10 08

A picturesquely situated town in the Silesian Beskids, close to Szczyrk and Wiśla. Like walking, hiking in the mountains, cycling trips? Ustroń has many interesting routes to offer. Canoeists will also like visiting Ustroń.



DaVita clinic in Malbork

📍 Armii Krajowej 105-106, 82-200 Malbork

☎ +48 55 619 58 21

A beautifully situated city with an amazing history. Its show-piece is the great Teutonic fortress, dating back to the 13th century. The city offers numerous attractions: unusual architecture, beautiful old town, swimming pool, cruises on the Nogat River, dinosaur park.



DaVita clinic in Pisz

📍 Klementowskiego 8, 12-200 Pisz

☎ +48 87 739 68 21

Pisz is a picturesque town located in the heart of Masuria. There is a relaxing atmosphere here to enjoy the beauty of the Masurian lakes. Here lies the Piska Forest, one of the largest forest complexes of its kind in Poland.

DaVita clinic in Olecko

📍 Gołdapska 1, 19-400 Olecko

☎ +48 87 739 68 02

Olecko is located on the route connecting the Land of the Great Masurian Lakes with the Suwalsko-Augustowskie Lake District. The city boasts a long history, making it an interesting destination for lovers of historic buildings and unusual architecture. Among other things, you may visit the unusual market square, which is shaped like an irregular trapezoid and is one of the largest in Poland and Europe.



DaVita clinic in Lubliniec

📍 Grunwaldzka 64, 42-700 Lubliniec

☎ +48 34 373 89 85

In Lubliniec, history lovers will find many attractions, such as the castle remembering past centuries or the Pro Memoria Edith Stein Museum. Nature enthusiasts will enjoy the Droniowice Reservoir with its wild banks. Lubliniec can also boast bike trails with a total length of 75 kilometres.



DaVita clinic in Turek

📍 Łąkowa 4, 62-700 Turek

☎ +48 63 226 47 48

Turek is a charming town in the Greater Poland Voivodeship, located on the Kiełbaska River. One of the city's most noteworthy landmarks is the Church of the Sacred Heart of Jesus, built in the early 20th century. It features a polychrome painting by Józef Mehoffer and a 30-voice organ dating from 1924.



DaVita clinic in Drezdenko

📍 Piłsudskiego 8, 66-530 Drezdenko

☎ +48 95 763 83 21

Drezdenko is a charming town in the Lubuskie Voivodeship, situated on the border of the Wielkopolskie and Pomorskie Lake Districts, near the Noteć River, surrounded by forests and lakes. In Drezdenko, it's worth visiting the old town with its two market squares and a church. Drezdenko's attractions also include canoeing on the Noteć River and Lake Łubówko, which is a nature reserve.

DaVita clinic in Piła

📍 Wojska Polskiego 43, 64-920 Piła

☎ +48 67 212 22 23

In Piła, it is worth taking a walk along the now few streets with old buildings to have a look at townhouses from the turn of the 19th and 20th centuries. We also recommend visiting Stanisław Staszic's house, which houses a museum named after him.



How to plan travel dialysis?

If possible, it is advisable to plan travel dialysis several weeks before the agreed departure date. A conversation with the staff at your destination dialysis clinic will allow you to work out the details (including what documents you should obtain from your home dialysis clinic) and the dates of your sessions.

Patients may benefit from travel haemodialysis sessions at any dialysis clinic in Poland, either in the DaVita network or in other centres, as well as at dialysis clinics in a European Union country of their choice.

In Poland, such services are provided under health insurance (NFZ), and in EU countries dialysis can be performed under the European Health Insurance Card (EHIC certificate).

If you want to journey and benefit from travel dialysis, follow three simple steps:

- 1** Specify the date (time period) of departure.
- 2** Choose a dialysis clinic in the immediate vicinity of your planned holiday stay, call the centre and book an available session date. Ask what documents are required, when and how they should be submitted.
- 3** At your home dialysis clinic, ask your doctor for an electronic referral and medical records regarding your condition and previous treatment.

If you need help arranging travel dialysis, talk to your home clinic team.



What should the prepared documentation contain?

Bring a copy of important medical records containing:

- your personal data,
- blood typing,
- haemodialysis parameters (dialyser, treatment time, blood flow rate, type and dose of anticoagulant used, type of dialysate – dialysis fluid),
- information on: dry body weight, type and condition of vascular access site,
- recent ECG,
- description of the last X-ray scan,
- information on diseases, allergies,
- list of current medications,
- recent blood work-up, including hepatitis B, hepatitis C and HIV panel.

What else is worth bearing in mind? Before you go, please provide the home dialysis clinic with your contact details and the contact details of the clinic where you will receive travel dialysis. This is particularly important if you are on the waiting list for a kidney transplant.



EU patient in Poland – what is needed to receive treatment?

Who is the EU patient?

An EU patient is a person who is entitled to health services under the public health system in one of the countries of:

- European Union (EU),
- European Free Trade Association (EFTA): Iceland, Liechtenstein, Norway, Switzerland,
- United Kingdom of Great Britain and Northern Ireland.

EU patients receive treatment in Poland in facilities that have a contract with the National Health Fund (NFZ). Dialysis is a health service provided under contracts with the NFZ and covered by the state budget.

European Health Insurance Certificate (EHIC) – a valid basis for receiving medical treatment

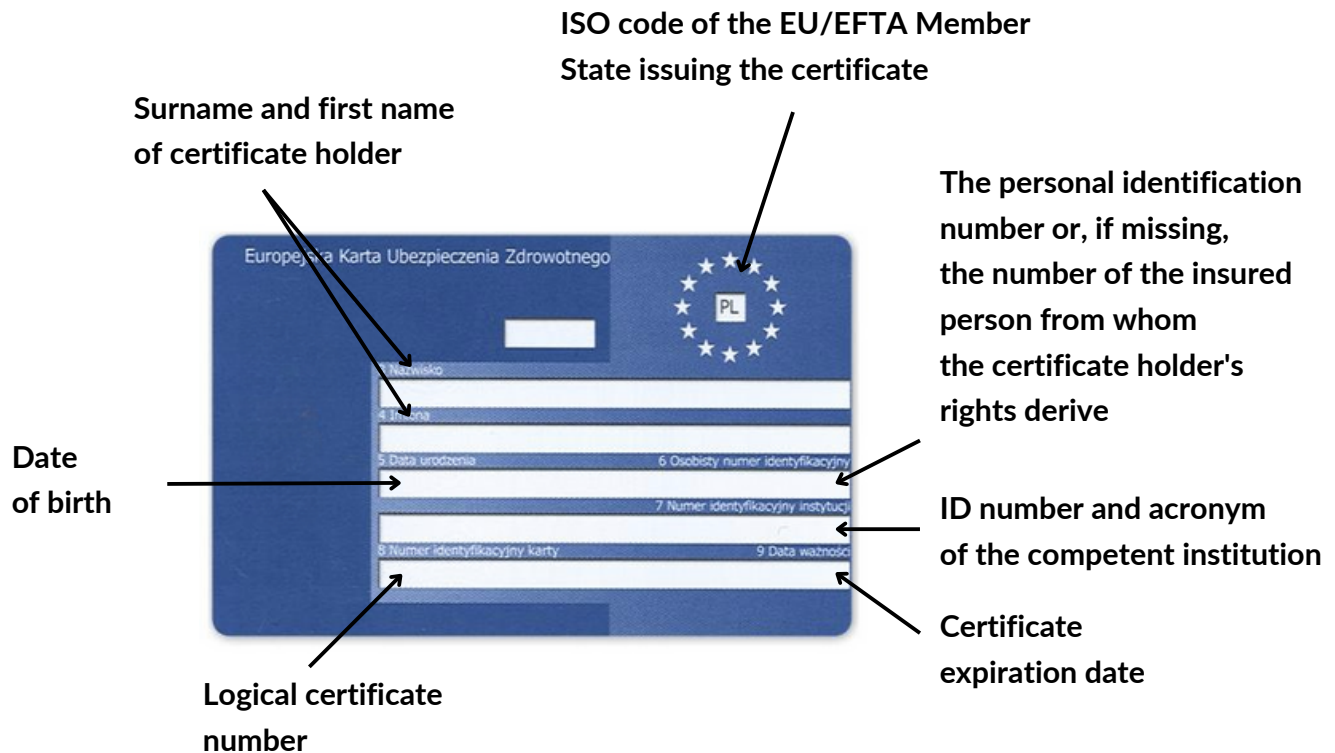
The European Health Insurance Certificate (EHIC) is a free document that provides patients with access to healthcare during a temporary stay in any of the EU member states. A patient who is temporarily in Poland, e.g. has come on holiday, is entitled to health services, including dialysis sessions. The basis for receiving dialysis is the presentation of the aforementioned EHIC.



UK patients should present the Global Health Insurance Certificate (GHIC), which replaced the EHIC following Brexit.

In the case of dialysis, it is sufficient for the patient to show their EHIC, no additional document is required.

It is worth remembering that, on the basis of the EHIC, the patient is not entitled to treatment in nephrology outpatient clinics and drug programmes.



It is important that the EHIC contains all the patient's data (all fields on the certificate are filled in). In some countries there are certificates that have anonymised data "xxxx" – such certificates are not honoured in Poland. If the patient provides an EHIC with any field where "xxxx" appears instead of the data, then it is mandatory to provide the dialysis clinic with a scan of the full EHIC. Only then the patient may will receive the treatment.

In the case of an anonymised EHIC, the patient should be considered private.

Polish patients may also use the EHIC when travelling to EU countries, as well as Norway, Switzerland, Liechtenstein and Iceland.

A Polish patient may obtain an EHIC during a visit to one of the provincial branches and delegations of the NFZ.

Private dialysis – for whom and under what conditions?

Private (fee-for-service) dialysis applies to all patients from outside the European Union and the EFTA countries (Iceland, Liechtenstein, Norway, Switzerland) and the countries of the United Kingdom of Great Britain and Northern Ireland. Paid sessions, as already mentioned, also include people who do not have an EHIC or have an anonymised version.

To receive private dialysis at a dialysis clinic, the patient should:



Arrange a possible treatment schedule with the chosen clinic.



Make a prepayment for a fixed number of dialysis sessions.



Send a bank statement confirming the payment to the dialysis clinic before attending the first treatment.



Important!

Every patient who presents for travel dialysis should bring medical records referred to on page 13 in this guide, obtained from their physician. Prepayment is the only possible form of payment for private dialysis. Information about the fee can be obtained by e-mail:

davita@davita.pl.

The patient will be invoiced upon treatment completion.

„The safety and quality of treatment for our dialysis patients is our priority. We are committed to ensuring that patients' treatment parameters remain stable during the holidays. Therefore, every trip should be well planned in terms of travel sessions. When our patients “travel” within DaVita clinics, medical records are made available to the holiday clinic electronically, without the need to print or send them. When patients use other clinics, all activities are coordinated to facilitate the patient's desired holiday.”

MD Marta Serwańska-Świątek

**Nephrologist, clinical transplantologist,
Deputy Chief Medical Officer
of DaVita Poland**



6 summer tips for dialysis patients

If you have chronic kidney disease, learn some important tips to protect your health during the summer or when visiting a place with a warmer climate.



1. Get outside and move

Sunny summer days are ideal for getting outside and exercising. If you have chronic kidney disease, be sure to consult your doctor before starting your exercise routine. Your doctor can help you create an activity plan that supports your health. Even if you sometimes feel tired, easy exercises may help you feel better. Walking and yoga put minimal strain on the body.

2. Protect your skin from sun exposure

Use sunscreen regularly. Unprotected sun exposure may lead to skin damage. Use a sunscreen with an SPF of at least 15. Remember to reapply sunscreen every two hours and also immediately after swimming or exercising. Waterproof sunscreen will be less likely to be removed if you swim or sweat. You may also protect your skin by wearing an airy long-sleeved shirt, wearing a hat or sitting in the shade.



3. Wear sunglasses

Sunglasses help protect the eyes in the same way as the sunscreen helps protect the skin from harmful sun damage. Your sunglasses should block at least 99 per cent of UVB rays and 50 per cent of UVA rays.

4. Protect your vascular access site if you go swimming

If you are a haemodialysis patient, consult your doctor or nurse at your dialysis clinic for guidance on protecting your vascular access site while swimming. It is usually recommended to protect the access site with a protective dressing. For people on peritoneal dialysis (PD), the dialysis clinic staff will explain how to properly secure the PD catheter. It should be immobilised to prevent tension during swimming, and the dressing should be changed immediately after the water activity.

When choosing a swimming spot, prefer the ocean, the sea or a chlorinated pool. Avoid non-chlorinated freshwater bodies such as ponds, lakes or rivers, where the risk of bacterial contamination is higher and can lead to infection of dialysis access site.

Remember that swimming is allowed for patients with an arteriovenous fistula, but not recommended for those with a catheter.

5. Eat healthy summer foods

Research shows that fruit and vegetables are important for good health.

Summer is the perfect time to fill your plate with kidney-friendly foods, but rather low in phosphorus and potassium.

Remember to control portion sizes, as all fruit and vegetables contain some potassium.

Here is a list of fruits and vegetables that can add colour and flavour to your diet.

Fruit: blackberries, blueberries, cherries, grapes, peaches, plums, raspberries, strawberries, watermelon (one glass a day).

Vegetables: carrots, cauliflower, cucumber, aubergine, green beans, lettuce, onions, peppers, potatoes, peas, radishes.



6. Watch your fluid intake

Dialysis patients must take care to maintain their fluid balance (how much fluid they take in between treatments). Overhydration may cause oedema and increase blood pressure, which puts additional strain on the heart. Excess fluid may also build up in the lungs, causing breathlessness and even causing a life-threatening condition.

Despite the hot weather, dialysis patients should usually limit their fluid intake in order to maintain their fluid balance. Remember that the indicator of hydration is the difference between your current and due (dry) body weight.

How do you deal with thirst when temperatures are high outside?

Here are 5 proven ways to reduce thirst in haemodialysis patients

1. Determine how much fluid you can take in per day

The limit of fluid intake varies from patient to patient. It depends on your body weight, the volume of urine still excreted and individual dietary recommendations. Check with your doctor that the limit remains the same during hot weather.

2. Monitor how much fluid you consume

It is best to drink in small cups, then you can more easily fight the temptation to take in a lot of fluids quickly. **Keep a note of how many cups you drink in a day** or prepare filled cups for the day.

Also be aware of the “hidden liquids” in some foods; watermelons, gelatine, soups, or frozen treats like ice cream contain lots of water.

If possible, take your medications with a meal or by “sipping” them with apple mousse. And when you are caught by a sudden dry mouth, even though you have been drinking recently, rinse your mouth with a mouthwash or oral solution. The dryness will resolve.



3. Consume drinks in... ice cubes and make friends with hard candy, sugar-free chewing gum and... frozen sliced lemons

You can freeze your favourite or recommended drinks in ice trays and melt them in your mouth. This will keep you enjoying the sensation of drinking for longer, allowing your brain to decide more quickly that you are no longer thirsty. You may also eat individual cold or frozen fruits such as grapes, strawberries or blueberries (no more than a few per day). Sucking on sugar-free hard candy or chewing sugar-free gum will also help to reduce your thirst. Lately, sucking on frozen lemon slices has also become increasingly popular among patients.



4. Avoid salty foods

Less salt = less thirst = better well-being. So little, yet so much? It's worth learning about foods that are high and low in salt. The most common sources of sodium:

- Preserved meat and vegetables
- Ready-made meals (boxed, tinned or frozen meals)
- Fast food
- Cured meats and sausages (bacon, mortadella, ham, sausages, etc.)
- Salted snacks (crisps, crackers, pretzels, etc.)
- Sauces (BBQ, fish, soya, teriyaki, etc.)
- Soups (canned or packaged mixes)

The low sodium product contains less than 140 mg of sodium per serving. Compare sodium content by reading labels.

5. Avoid overheating

Stay in the shade. Spray your face with water. Wear a hat or wet bandana around your neck to help your body cool down. Don't over-exercise. Try to drink cold/frozen liquids in very small quantities. You will certainly beat the thirst faster!



What else is worth to remember?

Avoid drinking fluids containing caffeine and alcohol.

Consider carrying a small spray bottle filled with lemon water or mouthwash to spray your mouth when thirsty.

Get to know the opinions of patients receiving dialysis at DaVita Poland clinics

“

DaVita clinic in Ustroń

Jan

Dialysis is routinely performed in Kielce

Dialysis is not a sentence! Travel dialysis offers the opportunity to benefit from treatments, rehabilitation and a change of environment and, above all, relaxation. I tried it two years ago and, if it's possible and health permits, I will use again. Many thanks for this opportunity.

Józef, 75

Dialysis is routinely performed in Lunen, Germany

Thanks to help from the dialysis clinic, I was able to come to my much-loved community of Ustroń and Wisła. Many thanks.

“

DaVita clinic in Malbork

Krystyna, 75

Dialysis is routinely performed in Oberhausen, Germany

I have been using travel dialysis for the past three years, I'm in Malbork once again. Malbork is my, you could say, home town, because I was born in the area. I already have my travel dialysis trip planned a year in advance, everything agreed within the family. I want to continue coming to Malbork in the years to come.

“

DaVita clinic in Zakopane

Zdzisław, 70

Dialysis is routinely performed in Ostrów Wielkopolski

I received travel dialysis at a dialysis clinic in Zakopane. I rarely travel due to my health. I am during rehabilitation. Zakopane is the kind of place I wanted to come to. I am satisfied with the care of the nurses at the clinic. If I had the choice of outpatient dialysis again, I would come to this dialysis clinic.

Tomasz, 71

Dialysis is routinely performed in Warsaw

I came to Zakopane for a holiday trip. I have had the pleasure of travel dialysis here before. If the patient feels up to it, it is worth coming to Zakopane, to explore this beautiful region of Poland. Basically, you can transfer your dialysis here as a guest and function as if you were at home.

“

DaVita clinic in Pisz

Dariusz, 55

Dialysis is routinely performed in Warsaw

We run a family business in Mikołajki. We were looking for a dialysis clinic in the area to be able to travel to the Masuria region for longer during the summer holidays. And I found it in Pisz. I experienced genuine kindness and openness there. It was possible to get all the paperwork done quickly. I was first on travel session for one day, in June, after Corpus Christi on a Friday, and then I've been dialysed for quite a long time, six weeks during the holidays. The need for dialysis therapy arose for me recently, around the beginning of the year. I'm getting used to a whole new life. Thanks to travel dialysis, I don't feel tied to one place. I'm trying to at least get over it and if I want to go somewhere, I know I can organise such dialysis.

DaVita clinic in Kołobrzeg–Łopuskiego

Ewa, 69

Dialysis is routinely performed in Bydgoszcz

I use travel dialysis frequently, as much as I can. This year, I was in Zakopane, recently in Kołobrzeg, and in October I will undergo dialysis again by the sea, once more at the same dialysis clinic in Kołobrzeg, as I have been granted a sanatorium stay. The first time I went for travel treatment was back in 1994, to Wysowa-Zdrój. And so I started travelling around the country, exploring and relaxing. As long as my health allows me, I take the advantage.

Mariusz, 43

Dialysis is routinely performed in Ustrón

My adventure with travel dialysis is ordinary – I came to Kołobrzeg on holiday. Because I like the sea, I like Kołobrzeg and I used to go there before I started dialysis, I found that I would definitely visit the place again. And this year it has succeeded.



How about a holiday abroad?

If a patient wishes to spend a holiday abroad, they may receive dialysis sessions at a selected clinic in the DaVita Kidney Care dialysis clinic network.

DaVita clinics operate in 13 other countries around the world: Saudi Arabia, Brazil, China, Colombia, Ecuador, Chile, Germany, Malaysia, Singapore, Portugal, UK, Panama, USA.

Worldwide contacts:



www.davita.com/international

At DaVita Polska, we help to organise travel dialysis. Let us know if you would like to enjoy travel treatments at DaVita clinics around the world:



davita@davita.pl



Contact us!

Write, call or visit us:

Webside:



www.davita.pl

E-mail:



davita@davita.pl

LinkedIn:



[linkedin.com/company/davita-polska/](https://www.linkedin.com/company/davita-polska/)

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