



# Kidney Q&A

4-12 months

Life Options Rehabilitation Program  
414 D'Onofrio Drive, Ste. 200  
Madison, WI 53719  
[www.lifeoptions.org](http://www.lifeoptions.org)

## Q: How can I enjoy spur-of-the-moment things?

**A:** Even though you are on dialysis, there are only a few things you can't do on the spur-of-the-moment. Things you can do without extra planning include:

- Taking a day trip (or longer on PD)
- Going to a movie, play, card game, or concert
- Visiting a friend, going shopping, or having a picnic
- Going bowling, or out to a ball game
- Eating out at a restaurant (just watch your meal plan and fluids)
- Volunteering to help someone else, going to church, or serving on a committee
- Playing with your children or grandchildren
- Exercising
- Taking a class

**What I can do to enjoy spur-of-the-moment things:**

- Make a list of the spur-of-the-moment activities I enjoy.
- Choose one activity and set a time and place to do it.
- Reward myself if I reach my goal, and choose another activity.
- Ask my dialysis team how to do activities I need to plan ahead to do.
- Learn about home dialysis treatments that can give me more control of my schedule at [www.homedialysis.org](http://www.homedialysis.org).
- Read *Just the Facts: Traveling on Dialysis* from Life Options [www.lifeoptions.org](http://www.lifeoptions.org).

**Some other activities need a little more planning:**

Activity	What you can do
Take a trip where you'll be gone on a hemodialysis day.	Plan at least a month ahead to do dialysis at another clinic. Ask your social worker how.
Change your treatment time.	Ask your nurse or clinic manager. You may have to wait to get the time you want. Your clinic may help you if your need is urgent.
Being away from home at a CAPD exchange.	Talk to your PD nurse about what to do if this happens.
Traveling on CAPD.	Arrange for your supplier to ship supplies to your location.
Traveling with a PD cycler.	Take your cycler with you or learn to do CAPD when you travel.