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.
- Read *Just the Facts: Traveling on Dialysis* from Life Options www.lifeoptions.org.

Some other activities need a little more planning:

<table>
<thead>
<tr>
<th>Activity</th>
<th>What you can do</th>
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<tbody>
<tr>
<td>Take a trip where you’ll be gone on a hemodialysis day.</td>
<td>Plan at least a month ahead to do dialysis at another clinic. Ask your social worker how.</td>
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<td>Change your treatment time.</td>
<td>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.</td>
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<td>Being away from home at a CAPD exchange.</td>
<td>Talk to your PD nurse about what to do if this happens.</td>
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<td>Traveling on CAPD.</td>
<td>Arrange for your supplier to ship supplies to your location.</td>
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<tr>
<td>Traveling with a PD cycler.</td>
<td>Take your cycler with you or learn to do CAPD when you travel.</td>
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