

# Nephrotic Syndrome: Travel Guide

**ALWAYS TELL YOUR NEPHROLOGY TEAM ABOUT YOUR TRAVEL PLANS WELL IN ADVANCE**

## Before travelling

Obtain travel protocol from your nephrology team



See a travel clinic to find out if you are going to a place that requires special vaccines, and talk to your nephrology team about options



Identify nearby medical centres where travelling and record contact information



Learn how to say the names of foods you (your child) cannot have

Check to see if your travel insurance covers nephrotic syndrome



Ensure you have enough medications and dipsticks for the full trip

Carry a copy of your (your child's) immunization record



## En route

Keep medications in carry-on baggage



Make arrangements for special meals (low-salt)



Be aware of water safety issues

Protect skin with SPF 30+ sunscreen and protective sun gear



Keep all medications in original labeled bottles or packages

Keep urine dipsticks in a cool, dry place



Dip the first morning urine every day to check for protein

## If you (your child) relapse(s):



- Start treatment for relapse immediately as per the travel protocol
- **Seek medical care if:** swelling increases or urine output decreases
- Inform the nephrology team of the relapse when you return

### What is a travel relapse?

- 1.0 protein for 5 days, **OR**
- 3.0 protein for 3 days, **OR**
- 20+ protein for 1 day

## Delay travel when possible if you are (your child is):

EXPERIENCING SWELLING

FEELING UNWELL

IN RELAPSE (SPILLING PROTEIN)

STARTING A NEW TREATMENT AND REQUIRE(S) CLOSE MONITORING

For more information:

Call the Nephrology Clinic at 416-813-7333



**SickKids**  
Division of Nephrology