

DIALYSIS PATIENT TRAVEL GUIDE



OUR DIALYSIS CENTERS IN NOUVELLE- AQUITAINE



NEARBY TOURIST ACTIVITIES

 **ELSAN**
CA3D

 **ELSAN**
HÔPITAL PRIVÉ SAINT-MARTIN

 **ELSAN**
CTMR - SAINT-AUGUSTIN



Being on dialysis should not prevent you from traveling. In agreement with your nephrologist, you can continue your treatment at another facility. You simply need to inform your medical team in advance to allow enough time to complete the required medical and administrative procedures.

We created this guide to present all of our dialysis centers in the Nouvelle-Aquitaine region. All of our facilities are located near prestigious tourist destinations—it's your choice!

Thank you for your trust.

The ELSAN Dialysis Teams

YOUR CARE

Presentation & Missions

Your care is provided by highly skilled teams and guided by our core values:

ATTENTIVENESS TO OTHERS:

Care is first and foremost a human relationship. True care begins with attentiveness.

SOCIAL CONNECTION:

Our local roots allow us to provide quality, innovative, and humane care to everyone, everywhere.

TEAM SPIRIT:

Collaboration among our professionals is a key asset that we foster and maintain.

SCOPE OF CARE

Our dialysis care is organized throughout Gironde-Landes. We offer hemodialysis in several facilities, all certified "Level A" by the French High Authority of Health (HAS):

- In-Center: At Saint-Martin Private Hospital in PESSAC or CTMR Saint-Augustin in BORDEAUX
- Medicalized Dialysis Units (UDMs): In ARES (Arcachon Bay), BRUGES, and GRADIGNAN
- Self-Dialysis Units: In ARCACHON, ARES, BÈGLES, BRUGES, CENON, GRADIGNAN, MIMIZAN, and SAINT-PIERRE-DE-MONS

THE CA3D & FACILITIES

CA3D – Aquitaine Center for Home Dialysis Development

The CA3D supports patients with chronic kidney failure eligible for home dialysis, self-dialysis, or treatment at a UDM.

It operates in partnership with the Saint-Martin Private Hospital (Pessac) and Pasteur Hospital (Langon) for backup care when needed.

CTMR SAINT-AUGUSTIN

A team of 6 nephrologists (including an internal medicine specialist) manages all aspects of renal disease treatment:

Hemodialysis, peritoneal dialysis, home dialysis, diagnostics and treatment of nephropathies, kidney stones, metabolic diseases, and hypertension.

SAINT-MARTIN PRIVATE HOSPITAL – PESSAC

The hospital's Hemodialysis Center includes 40 stations for chronic patients receiving hemodialysis or peritoneal dialysis. It also supports 6 self-dialysis centers affiliated with CA3D.



MULTIDISCIPLINARY SUPPORT AVAILABLE:

- Social worker
- Dietitian
- Psychologist

TRANSPORTATION

- Transport may be covered between your vacation location and the dialysis center. Ask your regular center for a transport voucher. Local transport options are also available.

YOUR RIGHTS AND RESPONSIBILITIES

You must sign the informed consent form before starting dialysis sessions.

Please read the Dialysis Charter at the end of this guide and comply with the clinic's internal rules.

DON'T FORGET!

- National ID or passport
- Health insurance certificate
- Complementary health insurance card
- Vaccination record
- Blood type card
- Contact details of your general practitioner
- Contact details of your transportation provider



DIALYSIS CENTERS & SURROUNDINGS

CTMR SAINT-AUGUSTIN – BORDEAUX



— OPENING HOURS

Monday to Saturday from 7:00 to 18:30
Late sessions until 23:30 on Mondays,
Wednesdays, and Fridays

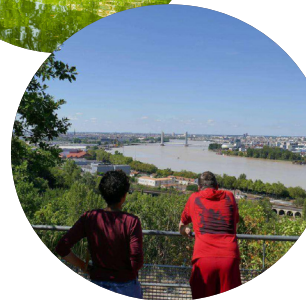
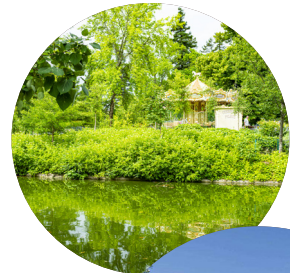
— ADDRESS AND CONTACT

106, Avenue d'Arès – 33000 BORDEAUX Cedex
Tel: +33 (0)5 56 00 38 38 – Fax: +33 (0)5 56 00 38 59

Office open Monday to Friday from 9am to 5pm
www.elsan.care/fr/clinique-saint-augustin

— NEARBY ATTRACTIONS:

- Grand Théâtre
- Place de la Bourse & Water Mirror
- La Grosse Cloche
- Parc Bordelais, Parc aux Angéliques, Botanical Garden
- Bassin de Lumières, Cité du Vin, Maritime Museum, Wine & Trade Museum
- Wine estates, tasting workshops, vineyard excursions
- Estuary cruises, canoeing, paddleboarding, sailing



HÔPITAL PRIVÉ SAINT-MARTIN – PESSAC

— OPENING HOURS:

Monday to Saturday from 7:00 to 19:00
Late sessions until midnight on Mondays,
Wednesdays, and Fridays

— ADDRESS AND CONTACT

Allée des Tulipes – 33600 PESSAC
Dialysis Unit is on the upper ground floor, Building B
Tel: +33 (0)5 40 13 02 67 – Fax: +33 (0)5 56 46 12 01
www.elsan.care/fr/hopital-privé-saint-martin



— NEARBY ATTRACTIONS:



- Bourgaillh Ecopark
- Bordeaux-Pessac Zoo
- Cité Frugès – Le Corbusier
- Château Pape Clément & Haut-Brion



OUR MDU UNITS (MEDICAL DIALYSIS UNITS)

CTMR UDM & SATELLITE UNIT – ARÈS



OPENING HOURS

Monday, Wednesday and Friday: 7:00 a.m. – 6:00 p.m.

Tuesday, Thursday and Saturday: 7:00 a.m. – 1:00 p.m.

ADRESSE ET CONTACT

14 boulevard Javal

33 011 ARÈS

Tél: 05 57 17 02 42

Email: ares.ctm@elsan.care

NEARBY ATTRACTIONS

- Les Prés Salés (walking trails)
- Saint-Brice natural site
- Oyster port
- Arès beaches
- Oyster Festival (summer only)
- Oyster farming tours (pescatourism)



CTMR UDM & SATELLITE UNIT – BRUGES



OPENING HOURS

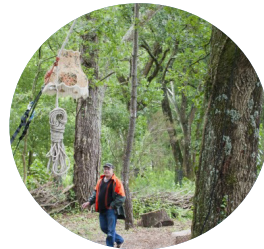
Monday, Wednesday and Friday: 7:00 a.m. – 6:00 p.m.

ADDRESS AND CONTACT

Polyclinique Jean Villar
56 Avenue Maryse Bastié
33520 BRUGES
Phone: +33 (0)5 33 89 49 99
Email: bruges.ctm@elsan.care

NEARBY ATTRACTIONS

- Bois du Bouscat
- Lake beach
- Natural Marshland Reserve
- Ermitage Park
- Majolan Park in Blanquefort



OUR MDU UNITS

CA3D UDM & SATELLITE UNIT – GRADIGNAN



OPENING HOURS

Monday, Wednesday and Friday: 6:00 a.m. – 8:30 p.m.

Tuesday, Thursday and Saturday: 6:00 a.m. – 12:30 p.m.

ADDRESS AND CONTACT

10 Chemin du Solarium

33170 GRADIGNAN

Phone: +33 (0)5 56 84 18 04

Fax: +33 (0)5 56 80 76 94

Email: gradignan.ca3d@elsan.care

NEARBY ATTRACTIONS



• René Canivenc Animal Park (Le Moulineau)

• Cayac Priory

• Maison de la Nature (Nature House)

• Georges de Sonnevile Museum



• Saint-Pierre Church

• Vine and Wine Ecomuseum



OUR SATELLITE UNITS

CA3D - ARCACHON

OPENING HOURS

Monday, Wednesday and Friday: 6:00 a.m. – 8:00 p.m.
Tuesday, Thursday and Saturday: 6:00 a.m. – 6:00 p.m.

ADDRESS AND CONTACT

53 Cours Desbiey, 33120 ARCACHON

Phone: +33 (0)5 56 54 56 17 / Fax: +33 (0)5 32 00 14 50

Email: arcachon.ca3d@elsan.care

For further information, please contact the CA3D team on 05.56.84.18.04 or by email: secretariat.ca3d@elsan.care



NEARBY ATTRACTIONS

- Dune of Pilat
- Banc d'Arguin nature reserve
- "Cabanes Tchanquées" & Bird Island
- Basilica of Notre-Dame
- Oyster farming tours (pescatourism)
- Winter Town and panoramic viewpoint



OUR SATELLITE UNITS

CA3D – BÈGLES



OPENING HOURS

Monday, Wednesday and Friday: 6:00 a.m. – 6:00 p.m.
Tuesday, Thursday and Saturday: Closed

ADDRESS AND CONTACT

1 to 5, Allée Boyer, 33130 BÈGLES
Phone: +33 (0)5 56 85 39 21 / Fax: +33 (0)5 56 85 51 53
Email: begles.ca3d@elsan.care

NEARBY ATTRACTIONS

- Museum of Outsider Art (Musée de la Création Franche)
- Bègles Beach
- Parc de Mussonville
- Les Guetteurs (Peri-urban Shelter Art Installation)
- Château de Francs



CTMR - CENON



OPENING HOURS

Monday, Wednesday and Friday: 6:00 a.m. – 12:00 p.m.
Tuesday, Thursday and Saturday: Closed

ADDRESS AND CONTACT

73 Cours Victor Hugo, 33150 CENON
Phone: +33 (0)5 56 40 58 30 / Fax: +33 (0)5 56 40 53 08
Email: cenon.ctm@elsan.care

NEARBY ATTRACTIONS

- Palmer Park
- Cypressat Park
- Ermitage Sainte-Catherine Park
- Château Palmer
- Old Lormont
- Château de Lormont



OUR SATELLITE UNITS

CA3D- MIMIZAN



OPENING HOURS

Monday, Wednesday and Friday: 6:00 a.m. – 6:00 p.m.
Tuesday, Thursday and Saturday: 6:00 a.m. – 12:30 p.m.

ADDRESS AND CONTACT

“Le Chant des Pins” Residences
Avenue Jean Rostand, 40200 MIMIZAN
Phone: +33 (0)5 58 09 33 00 / Fax: +33 (0)5 58 82 49 37
Email: mimizan.ca3d@elsan.care

NEARBY ATTRACTIONS

- Mimizan Beach
- Heritage House
- Prieuré Museum
- Local historical sites
- Contis Lighthouse
- Hiking and cycling tours, guided visits
- Born Apiaries
- Mimizan Golf Course



CA3D- SAINT-PIERRE DE MONS



OPENING HOURS

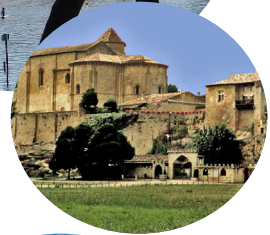
Monday, Wednesday and Friday: 6:00 a.m. – 8:30 p.m.
Tuesday, Thursday and Saturday: 6:00 a.m. – 6:00 p.m.

ADDRESS AND CONTACT

115 Rue des Cerisiers, 33210 Saint-Pierre-de-Mons
Phone: +33 (0)5 56 63 45 36 / Fax: +33 (0)5 56 63 32 75
Email: stpierre.ca3d@elsan.care
For more information, contact the CA3D teams on
+33 (0)5 56 84 18 04 or via email: secretariat.ca3d@elsan.care

NEARBY ATTRACTIONS

- The Ciron River: walking, canoeing, fishing
- Royal Château of Cazeneuve
- Sauternes vineyard tours
- Medieval city of Saint-Macaire
- Landes de Gascogne Regional Nature Park
- Hostens Lakes Domain
- Hiking and cycling tours, guided visits
- Born Apiaries
- Mimizan Golf Course



DIALYSIS & EVERYDAY LIFE

— NUTRITION

Dialysis does not correct all the complications of chronic kidney disease. To maintain good physical health while undergoing haemodialysis, it is essential to follow a balanced and varied diet.

Some nutrients in your food may accumulate and become toxic in excessive quantities. These include potassium, phosphorus, and salt—substances essential to the body in small amounts.

Our dietitians and care teams are available to support you in implementing the relevant dietary recommendations.



— YOUR MEDICATION



It is important to strictly follow your prescribed treatment and to inform your healthcare professional if you have any known allergies.

Please also notify them if you are taking any over-the-counter medications, even if they seem harmless.

— PHYSICAL ACTIVITY

Where possible, engaging in regular physical activity is highly recommended: walking, cycling, swimming, light exercise, etc., for 30 minutes per day.

Physical activity helps:

- Prevent cardiovascular disease
- Maintain muscle mass
- Limit bone loss
- Improve overall quality of life



YOUR COMMITMENT & RESPONSIBILITIES —

En choisissant de dialyser dans une de nos structures, vous vous engagez à collaborer avec les équipes de soins et à respecter les points suivants :

By choosing to undergo dialysis within one of our facilities, you agree to work collaboratively with the care teams and to adhere to the following:

1. RESPECT FOR OTHERS

All interactions between staff and patients are based on politeness, courtesy, mutual respect, and trust.

The layout of dialysis units is designed for constant supervision and close proximity between patients—please respect the privacy, comfort and peace of others.

2. RESPECT FOR EQUIPMENT AND PREMISES

You are expected to take care of the equipment made available to you.

Should you notice any issues during your session, please inform a staff member who will notify the technical support team.

3. TELEPHONES

Use of the unit's phone is permitted only in emergencies.

If you carry a mobile phone, please ensure it is set to silent mode during your dialysis session.

4. SMOKING PROHIBITED

In accordance with French law (Law No. 91-32 of January 1991 and Decree No. 2006-1386 of 15 November 2006), smoking is strictly forbidden in all public and shared-use areas.

This includes the use of electronic cigarettes.

5. HYGIENE

You must comply with all hygiene standards including proper personal hygiene, clean vascular access, and appropriate attire.

6. SAFETY

Access to dialysis rooms is prohibited without authorisation to ensure patient safety.

7. VISITS

Except in special cases and with prior medical approval, relatives are not permitted to attend dialysis sessions.

CHOOSE YOUR DIALYSIS CENTER AND BOOK YOUR VACATION!



- | | | | |
|---|---------------------------------|----|---|
| 1 | UDM - Antenne de Gradignan | 6 | Antenne de Mimizan |
| 2 | Antenne de Bègles | 7 | Centre lourd Hôpital Privé Saint-Martin de Pessac |
| 3 | Antenne de Cenon | 8 | Centre lourd CTMR Saint-Augustin de Bordeaux |
| 4 | Antenne d'Arcachon | 9 | UDM- Antenne de Bruges |
| 5 | Antenne de Saint-Pierre de Mons | 10 | UDM - Antenne d'Arès |



CHOOSE YOUR DIALYSIS CENTER AND BOOK YOUR

WWW.ELSAN.CARE

