



Holiday information for people requiring Oxygen

This information leaflet aims to help you have a happy and relaxing holiday in the UK and abroad.

It is written for people who are using oxygen treatment, and who wish to travel by plane or go on a cruise with their families and carers. It contains guidance relating to a number of airlines that fly into and out of the UK, and summarises each one's policy for carrying and using oxygen on board. If you need oxygen for use throughout your holiday, you will need to make arrangements for the oxygen to be provided before you travel. Your home oxygen supplier will not be able to provide oxygen.

If you are travelling outside of Europe you will need to contact an oxygen company that supplies the country that you will be visiting. To find an oxygen provider you could contact the British consulate in the country you are travelling too.

Air Liquide: Your current supplier of oxygen at home

Contact number: 0808 143 9991

- Will supply oxygen to anyone travelling to a destination in England Scotland they will require at least 3 working day's notice.
- They will also supply oxygen to people who require it to fly but this will be at a charge. The charge will depend on how much oxygen you require. There is also a refund when the cylinders are returned back to Air Liquide.
- For patients travelling to Wales or Ireland you need to contact an alternative oxygen supplier called **Air Products** (0800 373 580) they will supply oxygen and will need at least 2 weeks notice. This is at a cost £66 per week for a concentrator they also supply portable cylinders at a cost depending on your requirements.



- This may be subsidised if you hold a EHIC (European Health Insurance Card (OLD E111))

Omega –Advanced Aeromedical (Cruises)

Contact 01273 308176 or 07860 458277

- Specialise in making it possible for the oxygen dependant patients to enjoy a much needed holiday break including cruises flights and hotels.
- They offer several rental programmes to suit each individual, as everybody's needs are different....some patients require it for 24hr/day some for bedtime only, some only on exertion
- They can supply oxygen equipment to cruise ships, including oxygen concentrators (compatible with cruise ship power supplies) Portable oxygen and Liquid Oxygen Therapy (LOX)
- You will need to provide a copy of your oxygen prescription
- All cruises out of Southampton Dover and Harwich are serviced by Omega Advanced Aeromedical.
- They are recognised by all major cruise and air liners
- Once you have confirmed your requirements, your oxygen equipment will be installed into your cabin prior to arrival.
- You are provided with a personal meet and assist service at the port to ensure your boarding is made easy

Omega-Advanced Aeromedical (Flight Oxygen)

Contact number: 01273 308176 or 07860 458277

- They recommend that patients requiring in-flight oxygen should book flights with an airline that provides in flight oxygen
- However if your airline does not provide oxygen contact omega to discuss your flight options.
- Whatever your oxygen requirements, they have the equipment and the expertise to deliver the right service to you

Pure O2 0800 145 59 02 (UK 9-5 pm) 0870 712 0202 (UK 24 hours)

- Pure O2 specialise in providing the latest portable and stationary concentrators for oxygen users whilst travelling
- Whether you live in the UK or are travelling abroad
- Rental department is open 24 hours day with all the advisors fully qualified to help make the most of your holiday.
- Before Pure O2 can hire (or sell) a concentrator they will need confirmation of your oxygen requirements. Patients will need to contact Pure O2 by phone and inform them of their oxygen requirements; they can fax or post a letter to them with their oxygen prescription.
- They deliver to fixed UK and European addresses, UK hotels or alternatively personal collection can also be arranged.
- All holiday rentals are VAT exempt for UK residents, with complementary delivery service and collection service once your holiday has ended.
- Prices vary depending on the patients' needs but start from £170

Tens Medical Contact No: 0121 355 6555

Tens Medical Services Ltd is a family Business which started in 1996. The company grew at phenomenal rate and now the business specialises in a much wider variety of home health products – including the sale and hire of Oxygen Concentrators. For example:

Respironics SimplyGo

- Portable Concentrator
- 1-6l/min pulse dose
- 0.5-2l/min constant flow
- £155 a week to hire, additional weeks £100

£40 Delivery and collection (unless you collect yourself)

Respironics EverGo

- Portable Concentrator
- 1-6l/min pulse dose
- £135 a week
- £350pcm

European Health Insurance Card (OLD E111)

- We recommend you obtain the above card for added insurance
- The card is free to everyone and can be downloaded from the internet or obtained from the post office
- The card is not an alternative to travel insurance
- It will not cover any private medical healthcare
- It is important to have both EHIC and a valid private travel insurance policy.
- The card should be carried with you at all times when on holiday as some hospitals can be very particular when giving out treatment ie: if you can't produce the card there and then they may not treat you!!
- The EHIC entitles you to free or reduced cost medical treatment that becomes necessary during your trip if you are ill or have an accident.
- This includes treatment for long term or pre-existing medical conditions.
- The card gives access to state provided medical treatments only, and you will be treated on the same basis as someone who lives in the country you are visiting.
- This may not include all the things you would expect to get free of charge on the NHS.
- It may also mean that you have to pay something towards the cost of your care.
- The European Health Insurance Card (EHIC) can be used to cover any necessary medical treatment due to either an accident or illness within the European Economic Area (EEA)

Fitness to Fly

Most people with existing medical conditions are able to fly without difficulty, however occasionally certain precautions need to be taken. A fitness to fly form is required to be completed when:

- Fitness to travel is in doubt as a result of recent illness, hospitalisation, injury or surgery.
- If you have an existing unstable medical condition
- You wish to use medical equipment or therapeutic oxygen on board.
- These forms will be given to you by your airline or GP and come at a cost as your GP has to fill them in. **(They are not available from your Respiratory Nurses)**

Hypoxic Challenge Test (HCT)

This is used to assess whether Patients need in flight oxygen. Patients with severe airway disease, those recently hospitalised for acute respiratory illness or previous air travel tolerance with respiratory symptoms (shortness of breath, chest pain, confusion or syncope) require assessment before flying. This test is requested by your Consultant, Nurse, GP and will be performed in the hospital lung function laboratory. HCT (Hypoxic challenge test) stimulates cabin pressure using 15% oxygen.

Airline Oxygen Policies

- The following information is for people who require oxygen to fly
- It contains details of a number of commercial airlines that fly into and out of the UK
- Summarises each ones policy for carrying and using oxygen on board
- Different airlines require medical certificates or forms which can be obtained from your GP **(Not your Respiratory Nurse)**

EastJet Do not provide supplementary oxygen but you are allowed to carry 2 x oxygen cylinders of your own on board, you will need a medical certificate confirming the cylinders are required for medical reasons.

Oxygen concentrators (either mains or battery powered) are permitted on board and medical certificate is not required. Batteries will need to be use on board (be sure the batteries have enough power for the duration of the trip, including possible delays)

BMI Baby The airline is only able to provide oxygen of up to 2l/min. If you require oxygen at a higher flow rate you will not be able to fly with BMI Baby. If you require oxygen on board, you must make a request at least seven days before you fly. You are not allowed to take your own oxygen on board. You can take your own personal oxygen concentrator (POC) on board, it will need to be run off the batteries when on board (be sure the batteries have enough power for the duration of the trip, including possible delays) There is a £40 fee for medical clearance of POC's.

BMI The airline can provide oxygen on board for a fee, only BMI supplied oxygen bottles may be used during the flight. You must inform the airline and complete a medical form before you fly.

British Airways can provide in flight oxygen free of charge on all flights but this is restricted to one passenger per flight. Contact their passenger medical clearance unit for availability and advice about flow rates. British Airways cannot provide ground oxygen whilst in transit through the airport.

Emirates can provide on board oxygen subject to availability and with at least 48 hour's notice. A Doctors certificate is required advising of the litres per minute. There is no charge for the service, although your GP may charge you for the certificate.

Jet2 is unable to supply oxygen for use on board its flights. However you may carry your own therapeutic oxygen, subject to having applied for and received appropriate medical clearance from the airline. You will need to provide a medical certificate confirming that oxygen is required for medical reasons and confirmation that you are fit to fly, for which you need to contact your GP.

Monarch passengers requiring oxygen must contact the airline at least seven days before travelling and have a fitness to fly form completed, passengers are not allowed to travel without it, and they must also have appropriate insurance cover which you must produce around check-in.

Ryanair if passengers require oxygen for use during the flight they should notify the Ryanair special assistance line, preferably on the same day as the booking is made as there is limitation on this service. The airline will then send you a medical clearance form, which must be completed and returned to Ryanair. You must also carry your fitness to fly certificate with you.

Travel Insurance

Where can I buy travel insurance?

- Direct from insurers
- Insurance brokers
- Travel agents
- Banks
- Post office
- Building societies
- Internet

It is your responsibility to ensure you have adequate insurance in place before you travel.

A few other tips for you before you fly off:

- Ask your doctor well in advance for a letter to take in your hand luggage with details of your condition
- Be sure to pack your inhalers and other medication
- If you get breathless when walking, make sure you arrange for help at the airport. The distance between the check-in lounge and departure gates can be long. Disabled assistance at airports should be arranged at least 48 hours before you travel.
- When you are on the plane try to move every hour or so to exercise your legs.
- Drink plenty of water and non-alcoholic drinks during the flight.
- And that but not least

ENJOY!!!

