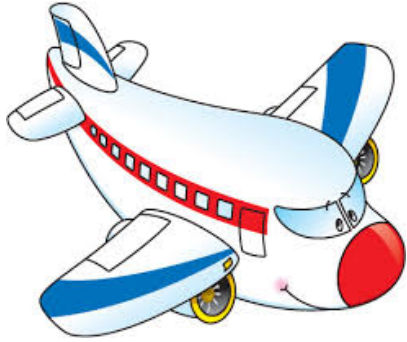


The Elliot

A Member of  SOLUTIONHEALTH



Traveling By Land, Sea or Air!!! With Lung Disease

Pulmonary Strong Wellness
2020



Before you go make sure to...



Research your destination

- Closest hospitals? Bring recent medical records with you; include names, phone numbers, addresses of your doctors (use MD business card)
- Weather conditions (typically)
- Allergens
- Are you going to be around any hazards (ex. Oil refineries) that could produce heavy odors?



Medications



- Take enough medication for 1-2 weeks
- Keep your medication on you in your carry on-- DO NOT pack your medications in your suitcase--your luggage could get lost in transit to final destination
- Follow your usual medication schedule
- Oxygen IS a DRUG--have a copy of your oxygen prescription with you
- Make sure your inhalers have the prescription right on inhaler



Accommodations

- ▶ Always request a non smoking hotel room-inform hotel you have a breathing issue
- ▶ Request a room with AC (air conditioning) to decrease humidity as a trigger
- ▶ Make sure you request a non smoking rental car



Traveling with Oxygen (O2)

- Notify the airline/cruise lines that you will need O2, and learn their policies and procedures. Each carrier can be different, but **DO** require a copy of your doctor's letter & prescription for oxygen.
- FAA requires only **Approved Portable Oxygen Concentrators (POC's)** can be used for flight.
- Have your medical equipment serviced prior traveling. Include Nebulizer and BiPAP/CPAP equipment.

2 Hour Flight = 3 Hours of Battery Power



4 Hour Flight = 6 Hours of Battery Power



6 Hour Flight = 9 Hours of Battery Power



8 Hour Flight = 12 Hours of Battery Power



10 Hour Flight = 15 Hours of Battery Power



Flight Length and Battery Power Requirement

Traveling with Oxygen (O2)



- Discuss plans with your doctor well in advance. He / she may want to see you &/or have blood work done. Also depending on your lung disease your doctor may want to do a high altitude study to see what your O2 needs will be while in an airplane. Ask your MD for O2 parameters.
- Call the O2 company in advance and tell them the details of your upcoming trip. They can arrange oxygen for travel, layovers and at your destinations.
- Remember to have extra batteries and your charger.
- If traveling outside the country, contact the Airline Oxygen Council of America for help at www.AirlineOxygenCouncil.org.

