

TRAVELLING WITH OXYGEN

It is possible to travel and go on holiday whilst dependent on medical oxygen; however, it is important to plan your trip in advance. Personal portable oxygen cylinders can be used when you travel on buses, coaches, and trains, but these cannot be used on an aircraft.

WHEN TRAVELLING:

- Always seek medical advice before you travel.
- Try to plan trips at least 4-6 weeks before your departure.
- Always take details of your oxygen prescription with you.
- Always bring other accessories that you might need.
- Check how long your portable oxygen cylinder will last and know what to do in case of emergency.
- Always carry a spare oxygen cylinder in case of unexpected delays while travelling.
- Always take a list of your prescription medications with you. Carry all your medication in your hand luggage in case your stowed luggage goes missing.



TRAVELLING WITHIN IRELAND

If you are travelling within Ireland, your home oxygen supplier will try to arrange delivery of oxygen equipment to most locations, once proper notice is given. Contact your home oxygen provider at least 2-3 weeks in advance of travel.

TRAVELLING ABROAD

You should consult with your oxygen supply company when planning to travel abroad.

AIR PRODUCTS: HOLIOX is a service provided by Air Products U.K. This is a privately run service which operates in the countries in which Air Products provides home oxygen. If Air Products do not provide oxygen in a particular region they can provide a list of reputable oxygen supply companies that may be able to assist patients.

To contact Holiox call: 0044 1270 614 360 from any location outside the U.K.
or

01270 614 360 from any location within the U.K.

BOC VITALAIR: BOC VITALAIR can facilitate the oxygen requirements of patients travelling to the United Kingdom, through their sister company, BOC UK. If patients travel further afield, BOC Vitalair can provide a list of reputable oxygen supply companies that may be able to assist patients.

Tip !

- ✓ If you are travelling within the European Union, make sure you get a European Health Insurance Card (see section on Medical entitlements).

AIR TRAVEL

Most airlines can supply oxygen on board the aircraft, but there is usually a fee. If you are planning to travel by aeroplane you should:

- Contact your travel company or airline to check the availability and cost of oxygen supplied by the airline.
- Order oxygen when you are booking your flight or no later than two weeks prior to departure.
- You must provide a prescription from your doctor.
- Check the restrictions on carrying oxygen on board the aircraft.