

## Respiratory

# Holidays with Oxygen Therapy

### Introduction

Being on long term oxygen therapy (LTOT), ambulatory oxygen therapy (AOX) or nocturnal oxygen therapy (NOX), does not stop you going on holiday, however it does require a little more planning.

**Whether you are going on holiday in the UK or abroad, you will need to contact Baywater Healthcare, the oxygen provider, on 0800 373 580.**

### For holidays within the UK

Please consider whether you can cope with the length of each **car journey** and whether or not you have enough oxygen for the length of that journey.

If you plan to go by **coach** check to see if you need to notify the bus company and, again, whether will you have enough oxygen for the length of the coach trip.

For **rail travel** assistance contact the relevant train company direct, a list is available from National Rail Service website:

[www.nationalrail.co.uk/stations\\_destinations/disabled\\_passengers.aspx](http://www.nationalrail.co.uk/stations_destinations/disabled_passengers.aspx)

**Will the accommodation you are staying in allow oxygen therapy to be installed?** Please don't presume they will; call them before your holiday to ensure they will allow oxygen on their premises.



## Patient Information

**Please call Baywater Healthcare to arrange for oxygen to be delivered to your accommodation.**

Baywater will ask for the address of your holiday home/hotel etc. and the dates you require the oxygen equipment for. They will ensure that the equipment is installed prior to your arrival and collected after your departure. Please give them at **least one week's notice** to arrange this. Please contact Baywater even if you plan to take your own portable concentrator with you; they will make sure that a local company is available to help if there are any problems with your equipment while you're away.

### **For holidays abroad**

Baywater will provide you with up-to-date information and contact details for the right company wherever you are travelling to. If you are still thinking about your next holiday then these websites can give you some extra information about using oxygen therapy around the world:

**Oxygen Worldwide** (based in Spain) arrange supplies worldwide

Website: [www.oxygenworldwide.com](http://www.oxygenworldwide.com)

Tel: (0034) 966 882 873

Email: [info@oxygenworldwide.com](mailto:info@oxygenworldwide.com)

**Pure O2:** providers of oxygen worldwide

Website: <https://healthoxygen.com/>

Arranging oxygen abroad is not covered by the NHS and will incur a charge; prices vary depending on where you are travelling to.

Oxygen suppliers will often require a copy of your Home Oxygen Order Form (HOOFF) so please call the Respiratory Department direct on 024 7696 6734 to request this information. We can only send this information direct to you via post or fax.

## Patient Information

Please also consider:

- **Do you have travel insurance?**
- **Are you fit to fly?**

### **Travel insurance**

A priority is to get holiday travel insurance so to ensure you are covered should you require medical assistance abroad and do not end up with huge medical bills.

### **Flying with oxygen**

If you are going abroad, are you fit to fly?

Do you need a “**Fitness to fly**” certificate in order to fly? You will need to have a “Flight Test/ Hypoxic challenge.” This can be arranged directly with the Respiratory Physiology and Sleep Department on 024 7696 6734. Please give us as much notice as possible as it can take several weeks to arrange this.

If you are flying you will need to contact the airline company direct to find out their policy for carrying oxygen equipment abroad. The European Lung Foundation have a comprehensive database of over 180 airlines detailing their individual oxygen policies for passengers.

[www.europeanlung.org/en/lung-disease-and-information/air-travel/airline-index/](http://www.europeanlung.org/en/lung-disease-and-information/air-travel/airline-index/)

Consider extra assistance from airport staff, ferry terminal staff, train or coach staff. If needed call the operators prior to your journey.

Birmingham Airport Contact: Special assistance OCS reception desk  
0121 767 7878

East Midlands Airport Passenger Service Team: 0871 919 900 or 01332 818 750.

## Patient Information

### For holidays in the European Union

- Do you have an EHIC card?

#### The European Health Insurance (EHIC) Card.

The European Health Insurance Card (EHIC) card entitles you to a reduced cost of medical treatment if you fall ill when in the EU. The EHIC card is not an alternative to travel insurance which you should have prior to travelling.

EHIC cards can be obtained free of charge by applying on line at [www.ehic.org.uk](http://www.ehic.org.uk) or through the NHS Choices website and search for EHIC. [www.nhs.uk](http://www.nhs.uk)

#### Further Information

For further information, please contact the Respiratory Physiology and Sleep Department on telephone 02476 966734.

**Remember being on oxygen therapy should not stop you leading a full and active life, it just requires a little more planning. Happy Holidays.**

The Trust has access to interpreting and translation services. If you need this information in another language or format please ask and we will do our best to meet your needs.

The Trust operates a smoke free policy

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