

Respiratory Physiology and Sleep

Holidays with Oxygen Therapy

Using oxygen therapy does not stop you going on holiday, but it does require a little more planning.

For holidays within the UK

If you are going on holiday in the UK, make sure to call Baywater Healthcare on 0800 373 580. They provide oxygen supplies.

Think about how long each car ride will be and if you have enough oxygen for the length of the trip.

If you're travelling by coach, let the coach company know before your trip that you need oxygen, check if you have enough oxygen for the journey.

For train travel, contact the company directly. You can find their contact information on the National Rail Service website: www.nationalrail.co.uk

Please call Baywater Healthcare to arrange for oxygen to be delivered to where you'll be staying.

Baywater Healthcare can deliver oxygen equipment for anywhere in England, Wales, Scotland and Northern Ireland. Before your holiday, it is important to check your accommodation allow oxygen on their premises. If you are going to the Republic of Ireland, please contact the Home Oxygen Team at UHCW to see if they can arrange oxygen for you there.



Patient Information

When you call Baywater, they'll need address of where you are staying and the dates you'll need the equipment. Make sure to give them a week's notice so they can have everything ready for when you arrive and pick it up after you leave.

Even if you're taking your own portable concentrator, contact Baywater. They will make sure there's a local company available to help if you have any problems with your equipment while you're away.

For holidays abroad

Oxygen provision abroad is not covered by the NHS and may need to be paid for. There is more information and useful links to oxygen providers on the British Lung Foundation website:

www.blf.org.uk

Portable oxygen concentrators (e.g. Inogen) are NOT suitable for long-term use and should never be used overnight.

Private oxygen suppliers may need a copy of your Home Oxygen Order Form (HOOF). If so, please call the Respiratory Physiology and Sleep Department on 024 7696 6734 to request this information. We can only send this to you by post.

Please also consider:

- Do you have travel insurance?
- Is it safe to fly?

Travel insurance

Travel insurance can help pay for medical treatment if you get sick or are hurt while you are abroad. It is important to have the right travel insurance for your individual circumstances.

There is more information available on the British Lung Foundation website: www.blf.org.uk

Patient Information

Flying with oxygen

When you are on a plane, there is less oxygen available in the air, which can lower the oxygen level in your blood. Before you book your holiday, contact your consultant to discuss if it is safe for you to fly. If you are not sure who to contact, please call the Home Oxygen Service for advice.

If you need oxygen while flying, contact the airline beforehand to arrange this. If you are bringing your own oxygen equipment, check with both Baywater Healthcare (0800 373580) and your airline beforehand to make sure it is safe.

You might want to ask for extra help from airport, ferry, train or coach staff. If you need assistance, call them before your trip.

Birmingham Airport special assistance OCS reception desk:

0121 767 7878

Healthcare Cover in the European Union

Find out more about healthcare cover in Europe on the NHS website:

www.nhs.uk

Further Information

British Lung Foundation: for extra information

Website: www.blf.org.uk/support-for-you

European Lung Foundation: for extra information

Website: europeanlung.org/en/information-hub

For further information, please contact the Respiratory Physiology and Sleep Department on telephone 024 7696 6734.

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

Happy Holidays

Patient Information

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.

Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:

www.uhcw.nhs.uk/feedback



Document History

Department:	Respiratory
Contact:	26734
Updated:	October 2024
Review:	October 2026
Version:	4
Reference:	HIC/LFT/2009/16