

## Traveling with lung disease

This handout offers travel tips for people with lung disease.

### Plan a safe trip

- Talk to your doctor about your trip
- Stay in nonsmoking rooms
- Go only to places with good medical services
- Watch what you eat and drink

### Carry medical ID and records

- Carry or wear a medical ID (identification)
  - List allergies and health conditions on it
- Take a copy of your medical records and insurance forms
  - Treatment plan and any medical complications
  - Insurance or Medicare information
  - Letter of medical necessity
  - Doctor or nurse phone number: \_\_\_\_\_
  - Family and caregiver phone numbers: \_\_\_\_\_
- Bring a list of all the drugs you take

### Have a sick day plan

- Name of doctor or clinic to call: \_\_\_\_\_
- Name of oxygen supplier if you need it: \_\_\_\_\_
- List of drugs to take for common travel ailments
  - Motion sickness: \_\_\_\_\_
  - Nerves or anxiety: \_\_\_\_\_
  - Upset stomach: \_\_\_\_\_
  - Infections or allergies: \_\_\_\_\_
  - Hard stools or constipation: \_\_\_\_\_
  - Jet lag: \_\_\_\_\_
  - Overeating or drinking too much: \_\_\_\_\_

### Taking medicine when traveling

- Keep medicine in original containers
- Bring enough for each day you are gone, and a small extra supply
- Bring a prescription to get more medicine if it gets lost or stolen
- Keep a letter of medical necessity with your medicine

## **Taking supplies and equipment**

- Take supplies to last an extra 3 days
- For long trips, have supplies sent so they will be there when you arrive
  - Make sure they are shipped well
  - Make sure they are stored well
- Take grounded outlet adapters with you, or make sure there will be grounded outlets
- For international travel, make special arrangements

## **Watch out for infections**

- Get any shots you need like polio, hepatitis A, or tetanus
  - Ask your doctor what shots you will need
- Find out if there will be a lot of insects
  - Take clothes or sprays to keep away insect bites

## **Oxygen and travel**

- Ask your doctor if you need oxygen when you travel
  - You will need it if you use oxygen most of the time
  - You may need it if you get short of breath walking a short distance
- Make sure you can take it with you
- Make sure you can get it refilled
- Make sure you can get oxygen equipment fixed if it breaks
- If you travel to a different country:
  - Make sure oxygen is available
  - Make sure you have the right electrical adapters

## **Oxygen and travel by air**

- You cannot take your own oxygen supply on a plane or into the airport gate area
- Most airlines can provide oxygen for you on the plane
  - Tell the airline at least 2 or 3 days before your flight that you will need oxygen
  - Have a letter from your doctor that says it is OK for you to fly
- If you need oxygen at the airport gate area, you must have it delivered for you
  - Call your supplier to have oxygen ready for you at the airport

## Oxygen and travel by land

- If you go to the mountains or other high altitude place
  - Your oxygen flow rate may need to be changed
  - Ask your doctor how to change the flow rate
- If you go by car
  - Keep oxygen tank upright and away from heat
  - Keep car windows open at least a little
  - Do not store oxygen in the trunk
- If you go by bus or train
  - Check with the bus or train company
  - Sit in the nonsmoking section
  - There may not be a place to plug in your equipment
  - Bring extra oxygen so you do not run out

## Oxygen and travel by sea

- Check with the cruise line
- Some ships will provide oxygen
- You may need to get refills at ports of call
- Check with your oxygen supplier for refill locations

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The content in this letter is intended as general information and may not apply to you or your condition. Talk to your doctor about how to best use this information and how to take care of your medical condition. This information is not intended to provide or replace professional medical advice or services.

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