



**Royal Berkshire**  
NHS Foundation Trust

# Holiday oxygen

Home Oxygen Service –  
assessment and review

Information for patients,  
relatives and carers

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This leaflet is for patients on oxygen going on holiday.

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Having oxygen should not restrict you from going on holiday, either in the UK or elsewhere. The Home Oxygen Service can provide information on arranging oxygen to help you plan your holiday.

### How do I arrange holiday oxygen in the UK?

You need to confirm with your holiday accommodation:

- If they allow oxygen on their premises;
- If they require you to be present when the oxygen is delivered - some hotel staff may not accept the delivery on your behalf;
- If there is access to electricity if using a concentrator on holiday.

If you do not require anything additional to your current prescription for your holiday, then contact Dolby Vivisol directly: **0500 823 773**. They will then be able to arrange your usual oxygen equipment to be delivered to your holiday destination.

You will need the following information when you contact them:

- Address and telephone number of where you will be staying;
- Dates of your holiday - arrival and departure.

### Travelling abroad

Travelling abroad with oxygen will take a little more planning and will incur a payment. Dolby Vivisol and the British Lung Foundation can advise you on oxygen companies in the country to which you are travelling. You must not transport any Dolby Vivisol equipment outside of the UK.

Please note Dolby Vivisol require at least 2-3 weeks notice to make arrangements for your oxygen delivery.

If travelling within Europe and you have a European Health Insurance Card (EHIC) you may be able to claim some of the cost of your oxygen

from the Department of Work and Pensions. If travelling outside Europe you will be required to meet all of the costs for your oxygen requirements.

You may find it cost effective to hire a portable concentrator (if this will meet your oxygen needs). This can be arranged through an independent company.

### Flying with oxygen

All airlines are different with regard to oxygen. Most will require a letter from a doctor stating why you need the oxygen and when you need to use it. Check with the airline before booking to see if they have oxygen that you can use on the flight or if you will need to provide your own.

Some airlines will only allow one passenger with oxygen per flight.

For those using ambulatory oxygen, you may need a flight assessment.

### Flight assessment test

When travelling on a commercial aeroplane, the cabin pressure is lower than that experienced at ground level. This has little effect on most travellers although for those with a lung condition, the reduced air pressure can cause blood oxygen levels to fall. Low oxygen levels during air travel can increase the risk of hospital admission on holiday and requirement for medical attention during the flight itself. The flight assessment test allows the measurement of oxygen levels during a period of simulated air travel to assess for the requirement of supplemental oxygen. If supplemental oxygen is required, the test also recommends an ideal flow rate suitable for the planned flight.

We can arrange this within our department, please call 0118 322 7159 if you are considering flying.

## Useful contacts

### Department of Respiratory Medicine

Level 2, South Block, Royal Berkshire Hospital

Telephone: 0118 322 7159 Mon-Fri 8.00am – 4.00pm

### Clinical Admin Team (CAT 11)

Telephone: 0118 322 6676 Mon-Fri 8.00am – 4.00pm

### Dolby Vivisol

Telephone: 0800 917 9840

### British Lung Foundation

Telephone: 03000 030 555

### Omega Advanced Aeromedical UK

Telephone: 01273 308176

### TeNs Medical Services

Telephone: 0845 090 0800

### The Oxygen Store

0845 100 0084

This document can be made available in other languages and formats upon request.

Department of Respiratory Medicine, May 2016

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