



OXYGEN TRAVEL GUIDE



ABC
MEDICAL SUPPLY

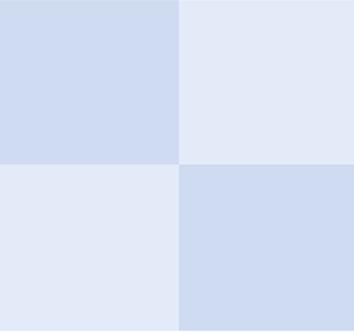
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All content is current and up to date at the time of this printing.
Edited and reviewed by Jan Camargo RN, CRRN

Introduction



You're free to move about the country, and beyond!

As your home oxygen provider, we want to make the travel process easier by providing you with tips and ideas to assist you with your travel plans.

Be sure to use the checklist, found on pages 6-12, that matches your mode of travel prior to leaving on your trip.



1. "FAA Approved Portable Oxygen Concentrators - Positive Testing Results." *Faa.gov. Federal Aviation Administration, Web.* <http://www.faa.gov/about/initiatives/cabin_safety/portable_oxygen/>.

General Travel Tips

- ✦ Before you make any plans to travel, check with your doctor to determine what extra precautions must be taken. Inform the doctor of your destination, method of travel, route, and length of stay.
- ✦ Obtain a letter from your doctor specifying your general condition and need for oxygen, oxygen flow rate and/or pulse dose setting and duration of oxygen requirements for in flight use. Also have the letter state any medications you are receiving. This letter should contain the doctor's address, office and after hours telephone numbers, and a fax number. Obtain this letter, even though you may not be flying.²
- ✦ Ask for several copies of this letter. It may be necessary to present a copy to an attendant on each segment of the trip.
- ✦ Avoid traveling to, or through, locations with high elevations. Also, avoid areas with extreme temperatures or humidity. These conditions may cause difficulty in breathing.
- ✦ Ask your home care provider to assist you with making necessary arrangements concerning oxygen supplies while traveling and while at your destination.
- ✦ **There may be additional costs due to special arrangements required for traveling oxygen service that are not covered by Medicare, Medicaid, private insurance or any other payers.**

DOs

- Keep oxygen equipment out of the reach of children.
- Keep the equipment in a well-ventilated area.
- Turn off oxygen supply when not in use.

DO NOTs

- DO NOT allow smoking, or any device that emits sparks or flames in areas where oxygen is in use.
- DO NOT place oxygen equipment near radiators, heat ducts, stoves or any other source of heat.
- DO NOT transport or store oxygen cylinders in an enclosed area such as the trunk of a car.
- DO NOT carry oxygen cylinders under a coat or any other form of clothing.

2. "Airline Travel With Oxygen." Homeoxygen.org. NHOPA. Web. <<http://www.homeoxygen.org/airline-travel-with-oxygen>>.

A few years ago airlines passed regulations that make traveling with oxygen much easier than ever before.¹ It may take time to make all the necessary arrangements so contact your home care provider a few weeks before you plan to leave.

- + Review the General Travel Tips in this book.
- + If you are traveling on a private or chartered airplane, you may be allowed to bring your personal oxygen unit onboard. Be sure to verify this prior to travel.
- + Prior to your travel, contact your travel agent or the airline to understand the specific rules and regulations that must be followed. Some airlines require specific forms of notification of oxygen service to be submitted to them prior to travel (some as much as 48 hours).
- + Fly nonstop, if you are not utilizing a Portable Oxygen Concentrator (POC). This eliminates the hassles of needing to have oxygen delivered to airports where a layover or aircraft change must take place.
- + Travel during normal business hours. Many businesses are closed on the weekends. Obtaining oxygen services may be more difficult during non-business hours.
- + Notify the airline of any other special needs prior to traveling. These needs may include a wheelchair, motorized cart, etc.
- + Reconfirm your travel plans with the airlines at least 48 hours in advance.
- + Limit use of airplane restrooms. Unless medically contraindicated, restrict eating or drinking right before and during flights. Airplane lavatories can be difficult to maneuver, and POCs may not fit. If that is the case, leave the device outside of the door and run the tubing underneath the door.
- + Plan ahead for getting through the airport. The distance from the passenger drop off site to the gate can be very long. This can deplete energy levels quickly. Take advantage of wheelchair assistance and the option to pre-board.
- + Stay charged up! If using a POC, estimate the battery discharge rate for the flight time and multiply that by at least 1.5.³ This will accommodate extended tarmac times, flight delays and increased power utilization often required with necessary higher flow rates required by traveling in cabins that are not pressurized to sea level.

3. "Airline Travel With Oxygen." Homeoxygen.org. NHOPA. Web. <<http://www.homeoxygen.org/airline-travel-with-oxygen>>.

Contact the individual airline for their current policies regarding the use of oxygen.

Airline Numbers

Air Canada
(888) 247-2262
www.aircanada.com

Hawaiian Air
(800) 367-5320
www.hawaiianairlines.com

Air France
(800) 237-2747
www.airfrance.com

JetBlue Airways
(800) 538-2583
www.jetblue.com

Alaska Airlines
(800) 252-7522
www.alaskaair.com

KLM Royal Dutch Airlines
(866) 434-0320
www.klm.com

American Airlines
(800) 433-7300
www.aa.com

Southwest Airlines
(800) 435-9792
www.southwest.com

British Airways
(800) 247-9297
www.britishairways.com

United Airlines
(800) 864-8331
www.united.com

Delta Airlines
(800) 221-1212
www.delta.com

US Airways
(800) 428-4322
www.usairways.com

Important Information Regarding Security Screening of Portable Oxygen Concentrators

Recently heightened security measures have prompted questions surrounding the use of Portable Oxygen Concentrators (POCs) onboard commercial flights.⁴ According to the Department of Homeland Security, POCs have been and are still allowed through security check points once they have been screened. All disability-related equipment, aids, and devices continue to be allowed through security check points once cleared through screening.

4. "Portable Oxygen: Travelers with Disabilities and Medical Conditions." Tsa.gov. Transportation Security Administration, Web. <<http://www.tsa.gov/traveler-information/portable-oxygen>>.

Other disability and medically related items permitted beyond the checkpoint include: wheelchairs, scooters, crutches, canes, walkers, prosthetic devices, casts, support braces, support appliances, service animals, any and all diabetic related medication, equipment, and supplies, orthopedic shoes, exterior medical devices, assistive/adaptive equipment, augmentation devices, ostomy supplies, medications and associated supplies, hearing aids, cochlear implants, tools for wheelchair disassembly/reassembly, personal supplemental oxygen, CPAP machines, respirators, baby apnea monitors, Braille note takers, slate and stylus, tools for prosthetic devices, and any other disability-related equipment and associated supplies.

People with disabilities, those with prosthetic devices, and those with medical conditions are not required to remove their shoes during times of heightened security nor during routine travel times. Those who keep their shoes on will be subjected to additional screenings that include a visual/physical inspection and explosive trace detection sampling of their footwear.

Travelers with disabilities and/or medical conditions, and the mature may want to consider the following:

- + Arrive at the airport well in advance, 2-3 hours prior to your flight.
- + Follow all published rules regarding carry-on items and medication.
- + Bring documentation of medications, devices and your medical condition where possible. This is not a requirement and will not exempt a passenger from the screening process.
- + Pack medications in a clear bag separate from other carry-on items/bags.
- + Ensure the name on medication bottles matches the name on your ticket.
- + Exercise patience with lines, delays, and stringent screening procedures.

It is also recommended you refer to the TSA website for any policy changes before you travel.⁵ Guidance and tips for travelers with disabilities are located on the Department of Homeland Security Transportation Security Administration website at: <http://www.tsa.gov>.

5. "Portable Oxygen: Travelers with Disabilities and Medical Conditions." *Tsa.gov. Transportation Security Administration, Web.* <<http://www.tsa.gov/traveler-information/portable-oxygen>>.

- + Review the General Travel Tips in this book.
- + Map out your route. Consider the following:
 - Length of trip
 - Number of overnight stops
 - Length of each day's drive
 - Rest stops
- + Plan your stops to refill/recharge your oxygen supply. Your home care provider can make recommendations concerning oxygen refilling and transporting your liquid oxygen reservoir or oxygen cylinders.
- + On longer trips, consider carrying a back-up oxygen supply.
- + Avoid driving through areas with high elevations. Automobile Associations can help you map out your trip.
- + Secure your liquid oxygen unit in an upright position in the automobile. Ensure it will not fall over. Your local home care provider can recommend methods to safely secure the units.⁶
- + Do not store your oxygen tanks in your vehicle or anywhere where temperatures may meet or exceed 120° F.
- + Keep vehicle windows slightly open to allow adequate ventilation.

Automobile Club Numbers

AAA

(800) 222-4357

www.aaa.com

AARP (AMOCO)

(800) 555-1121

www.aarp roadside.com

6. "COPD and Portable Oxygen Therapy." WebMD.com. WebMD. Web. <<http://www.webmd.com/lung/copd-portable-oxygen-therapy>>.

- ✦ Review the General Travel Tips in this book.
- ✦ A maximum of four canisters may travel with the customer - two aboard the bus and two in the baggage compartment. Oxygen canisters to be stored in the baggage compartment must be in protective cases with safety caps on the valves.
- ✦ Maximum dimension may not exceed 4.5 inches in diameter and 26 inches in length.
- ✦ Customers are responsible for ensuring that they have enough oxygen to complete their travel and are responsible for making arrangements for refills while en route.

Contact the individual bus line for their current policies regarding the use of oxygen.

Bus Line Numbers

Greyhound
(800) 752-4841
www.greyhound.com

- + Review the General Travel Tips in this book.
- + Ask your travel agent if there are any special requirements. Most cruise lines specify that passengers must make their own oxygen arrangements. Passengers must provide a letter from their physicians prior to traveling, stating their condition, approval of travel plans and dosage of use. This letter should also contain the doctor's address, office and after hours telephone numbers, and a fax number.
- + Ships do not normally refill tanks.
- + Arrangements must be made 30-45 days prior to sailing.
- + Oxygen may have to be stored in your cabin.

Contact the individual cruise line for their current policies regarding the use of oxygen.⁷

Cruise Line Numbers

Un-Cruise Adventures

(888) 862-8881
www.cruisewest.com

Carnival

(800) 438-6744
www.carnival.com

Costa Cruises

(800) 247-7320
www.costacruise.com

Crystal Cruises

(888) 722-0021
www.crystalcruises.com

Cunard Line Ltd.

(800) 728-6273
www.cunardline.com

Delta Queen Steamboat Co.

(800) 338-4962

Holland American

(877) 932-4259
www.hollandamerica.com

Norwegian Cruise Line

(866) 234-7350
www.ncl.com

Princess Cruises

(800) 774-6237
www.princess.com

Radisson Seven Seas Cruises

(877) 505-5370
www.rssc.com

Royal Caribbean (RCL)

(800) 256-6649
www.royalcaribbean.com

7. "2012-2013 Cruise Line Portable Oxygen Concentrator Travel Information." Goassured.com. GoAssured Blog, 21 Sept. 2012. Web. <<http://goassured.com/2012/09/2012-2013-cruise-line-portable-oxygen-concentrator-travel-information/>>.

- + Review the General Travel Tips in this book.
- + Travel is limited to non-smoking cars.⁸
- + **Weight Limits:** The total weight of all tanks may not exceed 120 lbs (54 kg). The following are allowed:
 - No more than two tanks, 50 lbs (22.7 kg) each, or
 - No more than six tanks, 20 lbs (9 kg) each.
- + Oxygen equipment, including oxygen concentrators, must be able to operate a minimum of four hours without available onboard electrical power (in the event of a power disruption onboard).
- + Carry additional oxygen to safeguard yourself in the event of travel delays.
- + Reserve a private compartment if possible.

Compressed oxygen cylinders must be handled with caution. The pressure inside a full cylinder may exceed two thousand (2,000) pounds per square inch.

Always secure the oxygen cylinder so it cannot be knocked over.

Contact the individual train line for their current policies regarding the use of oxygen.

Train Line Numbers

AMTRAK

(800) 872-7245

www.amtrak.com

8. "COPD and Portable Oxygen Therapy." WebMD.com. WebMD. Web. <<http://www.webmd.com/lung/copd-portable-oxygen-therapy>>.

The Eclipse™ by SeQual® was the first portable concentrator on the market to provide continuous flow of up to 3 liters of oxygen per minute.

Prior to the Eclipse™, patients needing continuous flow oxygen were required to make arrangements for the delivery of multiple oxygen cylinders or to ship large stationary concentrators to their destination and pay extra fees for oxygen on board the airplane. The FAA's approval of the Eclipse™ means that the over 1 million Americans needing continuous flow oxygen therapy now have an all-in-one oxygen concentrator that can be used during travel as well as when they reach their ultimate destination.

The Eclipse™ has a retractable handle cart with wheels for increased mobility. Approximately the size of a student's backpack, the Eclipse™ was designed to fit easily under standard airplane seats.

Product Specifications

Size: 18.4 x 12.3 x 7.1 inches (H x W x D)

Weight: 18.4 pounds (with Power Cartridge), 15.0 pounds (without Power Cartridge)

Power Cartridge operating time on pulse setting:

16-96 mL (16 mL increments), 128mL, 160mL, 192mL

32 mL (2.0) approximately equal to 5.1 hours

96 mL (6.0) approximately equal 3.5 hours

Power Cartridge operating time on continuous setting:

0.5 - 3.0 LPM (0.5LPM increments) approximately equal to 3.7 hours

3 LPM approximately equal to 1.3 hours

Power: AC Operation, DC Operation (car adapter)

Power Cartridge, International Adaptors if needed



Invacare XPO2®

XPO2® Portable Concentrator

Now approved for use in flight by the FAA

The new XPO2® Portable Concentrator is the newest addition to Invacare's proven line of home oxygen technologies. Now providers and patients have a choice of ambulatory systems from Invacare, the world leader in oxygen. Named for its extreme portability, the XPO2® is lightweight, clinically robust, and easy to operate. The supplemental battery and AC or DC power options make it easy for patients to go just about anywhere without the concern of running out of oxygen. FAA approved.



Product Specifications

Max Pulse Volume: 900ml

Weight: Approximately 6 pounds; 7.3 pounds with supplemental battery

Dimensions: 10" H x 7" W x 4" D

Oxygen: Pulse dose delivery with settings 1-5

Battery: 2.5 hour battery duration at setting 2; 5 hour battery duration with supplemental battery

Power Consumption: 36 watts at setting 2

Warranty: 3-year limited; 1-year limited on all accessories

SOLO2® Portable Concentrator

The new SOLO2® Transportable Oxygen Concentrator is the newest addition to Invacare's proven line of home oxygen technologies. Now providers and patients have a choice of ambulatory oxygen systems from Invacare, the world leader in oxygen therapy. The SOLO2® offers continuous flow oxygen up to 3 LPM or pulse dose oxygen in settings 1-5. It is a flexible, reliable and clinically robust system that is easy to operate. The supplemental battery, AC or DC power options offer patients the freedom & flexibility to go just about anywhere without the concern of running out of oxygen. FAA approved.



Product Specifications

Sound Level: ~39 dB @ 2 LPM continuous flow
~42 dB @ 3 LPM continuous flow
<39 dB at all pulse dose settings

Warranty: 3-year limited; 1-year limited on all accessories

Battery: 2.6 hours @ 2 LPM continuous flow

Dimensions: 16.5" H x 11" W x 8" D

Continuous Flow: 0.5 - 3.0 LPM, in 0.5 LPM increment settings

Conserving Flow: Pulse dose settings 1-5

Product Weight: 17 lbs without battery pack; 19.9 lbs with battery pack

Filters: Gross particle, compressor inlet, patient HEPA outlet - all accessible without opening up concentrator shell

Oxygen: Operating altitude up to 10,000 ft

Code Approval: E1390 (stationary concentrator) and/or E1392 (portable concentrator)

Air Tubing: Up to 25' on continuous flow; 7' recommended when using pulse settings

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Visit Us Today

5555 Your Street
Any Town, USA
(800) 555-5555

www.yourwebsite.com