

Tips on Air Travel and PH

- If you require oxygen in sea level, it is a good idea to get oxygen for travel. You will likely require a higher flow rate in the air.
- Saudi airlines and many other airline companies requires air-travel oxygen form to be signed by the treating physician to be submitted in advance.
- The airline will not provide oxygen prior to the flight and during connections.
- You cannot check in your oxygen.
- Walk every hour to prevent blood clots. Get an aisle seat.
- Do not check your medication in. Carry it with you in its original packaging. If you are traveling internationally, it is a good idea to have original copies of your prescription for custom clearance.
- Anticipate your needs. Make sure your destination hotel has a refrigerator or freezer.

Consider getting a phone number of a PH specialist in that area