

TRAVEL CHECKLIST

- Talk to your pulmonary hypertension doctor to find out if there are any reasons you should not travel at this time.
 - Talk to your PH doctor about any special considerations you should take while traveling, such as the need for supplemental oxygen (even if you don't normally require it), the amount of medications and supplies that should be packed, and the altitude during travel (if flying) and at the travel destination.
 - Ask your PH specialist to write a letter describing your specific medical requirements to simplify the process of obtaining oxygen and bringing medications and supplies through security checkpoints.
 - Before buying any airline, cruise or tour tickets, check with all companies involved to make sure the trip is possible given your medical considerations and needs.
 - When making reservations, consider requesting special arrangements to ensure comfort in transit. For example, using a wheelchair can be helpful to your caregiver and ensures you priority treatment at check points.
 - Consider travel insurance for protection against flight cancellations, lost baggage, etc.
 - Locate a PH specialist close to your travel destination in case of emergency.
 - Plan ahead by ordering your medications before your trip. Let your specialty pharmacy know that you'll be traveling and arrange to have them send your medication directly to your travel destination. Confirm with your hotel that your medication has arrived before you depart.
 - Consider having your routine blood test done before your trip.
 - Pack important documents in your carry-on, including insurance information, a full list of your medications and dosages, specialty pharmacy and medical contacts, and — if you're on IV medication — emergency instructions for how to operate your pump.
 - Pack your PH medications and any other must-have medical supplies in your carry-on bag, not the bag you check. Keep your medications in their original pharmacy bottles
 - If using supplemental oxygen, pack extra oxygen tubing and extra batteries.
 - For longer trips, pack an extra week's worth of medication beyond the intended duration of the trip.
 - If you're on epoprostenol (Flolan), make plans to travel with a small ice chest with 6 to 8 ice packs and a premixed dose of epoprostenol.
 - If on epoprostenol or treprostinil (Remodulin), pack an extra pump.
 - If traveling out of the country, check in advance to determine if there are any laws against bringing medical supplies into a specific country or if special documents are needed.
 - Contact any airlines, cruise lines, etc. in advance to learn if any special requirements or procedures are necessary to administer your PH medications, including oxygen (see below).
 - If a non-stop flight is unavailable, and continuous use of oxygen is needed, arrange for portable oxygen for use at connecting airports or during layovers.
 - Call airlines, cruise lines, tour companies, hotels, oxygen suppliers, etc. 48 hours before leaving to confirm your plans.
- If you're planning to use supplemental oxygen in flight on any leg of your journey, call the airline well in advance (at least 2-3 weeks) to ask them the following questions:**
- Is oxygen permitted on board? If so, are there any requirements for bringing oxygen on board? *Most complying airlines require that patients provide their physician's letter to the air carrier in advance of the flight. Patient should inquire about how much advance time they require if the airline does not volunteer this information.*
 - Does the travel carrier offer oxygen?
 - What oxygen system, oxygen flow rates, and delivery devices (e.g. nasal cannula, masks, etc.) are available?
 - Which portable concentrators are allowed to be used in-flight?
 - How much advance notice is required to arrange for oxygen?
 - What is the charge to the traveler? (This cost may not be covered by insurers.)
 - What assistance, if any, is available during transit (e.g. wheelchairs, handicapped access, baggage handling)?