

Traveling with Alpha-1

Skinny Little Reference Guide™



TRAVELING WITH ALPHA-1 INTRODUCTION

Traveling for business, taking vacations, and visiting friends and family does not have to be forfeited simply because you have Alpha-1 Antitrypsin Deficiency or, more simply, Alpha-1. While this brochure focuses on issues related to lung disease in Alpha-1, many of the principals apply to other medical conditions that individuals with Alpha-1 might have. With careful planning, you can minimize the challenges of travel and enjoy safe and pleasurable trips. The key for successful traveling can be taken from the Boy Scout motto: Be prepared!

In this section, we provide a series of practical guidelines for traveling with supplemental oxygen and for anticipating the potential need for medications, including augmentation therapy. Whether you plan to travel by plane, train, or automobile, your travel arrangements should include the following:

- Discuss your travel plans with your physician to ensure you are well enough to travel. To be well-prepared for any special requirements you may have during your travels, talk about your planned length of stay, your mode of travel, and the expected climate and environmental conditions of your final destination.
- Make a folder for your travel documents and your health-related documents. You may find it useful to obtain a letter from your doctor stating you are fit for travel that includes a brief summary of your present condition and a list of your medications. Keep these documents with you so they are readily accessible at any point during your travels.
- Identify a medical facility and a physician who can care for you at your destination, especially if you plan on an extended stay. Your primary care physician or AlphaNet Coordinator should be able to help you establish this.
- Keep a listing of all necessary contact information and phone numbers, including your physician, emergency family contact, the airline or cruise line with which you will be traveling and a contact person at your final destination.

- Have all routine medications refilled and make sure to bring adequate amounts for the entire length of your trip. When traveling by plane, keep a supply of your medication readily available in your carry-on luggage. All should be appropriately labeled and kept in their original containers.
- To limit the risk of infection while traveling, take along a supply of antibacterial wipes, sprays or other products to clean surfaces with which you will necessarily come in contact. Items such as seatbelts and tray tables can be a source of bacteria. Remember, however, that your best protection against infection is to wash your hands. If clean water is unavailable using the antibacterial products is the best way to guard against infection.
- Prior to traveling, it is a good idea to review your health insurance policy. Some insurance policies may not cover you while you are out of state or out of the country. You may wish to talk with your insurance company and obtain a temporary policy, if necessary. A travel agent may be able to assist you with this, as well.
- If you are traveling with a companion, make sure he or she is also familiar with your special needs, such as understanding your medication requirements and instructions for handling oxygen equipment.

TRAVELING WITH OXYGEN

Discuss your travel plans with your home oxygen provider, and enlist their help in making arrangements for your therapy as you travel. National chains usually can assist you by contacting their other offices to make these arrangements. Many local dealers belong to a network of oxygen providers and also can assist with your arrangements for oxygen. Keep in mind that if you require continuous therapy, and if you are traveling by plane, arrangements will need to be made for oxygen while at the airport, for the time on the ground between connecting flights, as well as during your flights and at your final destination.



GOOD ADVICE: Obtain a copy of your prescription for oxygen which indicates your specific usage and flow rates. Make a few copies, and keep them readily available with your travel documents.

As you make your travel plans with your oxygen provider, make sure you discuss and agree upon all the details of your plans so that you can be assured your oxygen needs will be met before, during, and after you complete your travels. It is best to provide all of the specific details in writing to a designated contact per-

son. Keep a record of the name of the individual or individuals with whom you speak. You may have enough lead time to mail your information and requests to the oxygen providers; however, faxing or emailing may be more efficient. The information you will need to provide includes:

- Your name, address, and phone number
- Your doctor's name and phone number
- Your oxygen prescription that lists your flow rate, the type of system and equipment needed. Include specifics on your tubing, cannulas, humidifier or nebulizer
- Departing airport or port and city
- Airline and flight number, departure gate number, any stops or layovers, arrival airport and arrival gate
- Address, phone number, and name of a contact person at your final destination
- Name and number of an emergency contact
- Keep the names and phone numbers of your emergency contacts including your home oxygen provider, and provisional oxygen provider where it can be retrieved readily if needed.



IT'S A FACT: The preparations needed for traveling with oxygen can be somewhat tedious, but the more you are able to anticipate and plan for your oxygen needs prior to your departure, the more freedom you will have to enjoy yourself while traveling.

Be sure to obtain confirmation of all arrangements both verbally and in writing. Review the specifics of each segment, question any discrepancies and make the necessary adjustments. Have a good overall understanding of what arrangements are in force and what is to be expected.

Gathering as much information as possible on traveling with oxygen will also prepare you to meet many of the challenges that may arise. If the thought of making your own arrangements is daunting and overwhelming, there are companies that specialize in assisting individuals who require supplemental oxygen while they travel. The Internet can be a valuable tool in locating providers as well as finding helpful tips for you to consider before you travel.



CROSS REFERENCE: To assist you with the use of oxygen in your travel plans, see the brochure on "Oxygen Therapy" or the corresponding section in the **Big Fat Reference Guide** at www.alphanet.org.

Arranging for oxygen therapy at your hotel - When making arrangements for supplemental oxygen at a hotel, be sure to get the name of the manager or the concierge to alert them of your special needs prior to your arrival. They should be made aware that your oxygen supply might arrive before you do. You will need to check with the oxygen supplier to see if your designee at the hotel can sign for your delivery of oxygen, or if you must do so in advance. If the supplier will not deliver the oxygen to the hotel without your signature acknowledging its receipt, arrange to have a delivery ticket faxed to you so you can sign it and fax it back. Be sure to know where the hotel will store your oxygen and related supplies if it arrives before your scheduled check-in time. If you have preferences as to where you want your oxygen supply set up in your room, make your wishes known to both the supplier and the hotel staff ahead of time.

Air Travel - There are special considerations individuals with Alpha-1 lung disease need to bear in mind when flying on an airplane. Commercial airline cabins are not pressurized to atmosphere at sea level, but to a much higher altitude of approximately 8,000 feet. What this means is there is a lower concentration of oxygen in the ambient air during the flight. This is generally not a problem for individuals who do not have lung disease. For people with compromised lung function, however, the lower concentration of oxygen in the plane can put them at risk for developing hypoxemia.



BURNING ISSUE: For people with compromised lung function, the lower concentration of oxygen in an airplane can put individuals with Alpha-1 lung disease at risk for developing hypoxemia.

If you require supplemental oxygen only during exercise or sleep, you may find that you require it for air travel and for being at a high altitude. Your physician will be able to determine whether or not you will need to make any special arrangements for oxygen during your travels. You should consult with your health care provider well in advance of your planned departure so that if necessary, you will have sufficient time to make the arrangements for your oxygen supplies to be delivered where and when you will need them.

There is a common misconception that the oxygen in the overhead compartment of an airplane can be used if oxygen is required during the flight. This is not so. This oxygen is not used for supplementing the needs of passengers requiring oxygen therapy; rather, it is for emergency use on the aircraft if cabin pressure is lost.

FAA in-flight oxygen requirements prohibit individuals from using their own oxygen equipment with the exception of specially approved rechargeable concentrators. Your personal liquid or gas oxygen equipment is not allowed for in-flight use. The reason for this is the flight attendants have been trained on the system used by the airlines, and if a problem should occur with this equipment, they will know what to do. If a problem were to occur with a passenger's own equipment, the airline personnel would not necessarily know how to work it or resolve a problem. Therefore, the airline provides individual oxygen cylinders and equipment to passengers who need supplemental oxygen.



REMEMBER: Airlines require as little as 48 hours advanced notice to as much as two weeks to guarantee oxygen arrangements on a flight. Many smaller aircraft, often used on commuter flights, do not allow in-flight oxygen.

Before you purchase your airline ticket, be sure to alert the airline of your need for oxygen therapy and find out how much they will charge you for this service. Most airlines require two weeks advance notice to guarantee oxygen arrangements. Some airlines can make these arrangements with as little as 48 hours advance notice. It is advisable to make the arrangements as far in advance as possible and to reconfirm your arrangements as the travel date draws closer.

The cost for oxygen varies from airline to airline, and some specifically smaller commuter airplanes do not provide the service at all. The cost of this service generally ranges from \$75 to \$150 per flight segment.

Be aware the airline will provide oxygen cylinders and supplies for you to use during the in-flight time only. They will not supply oxygen for you to use while you are transferring between flights, or while you are going to ground transportation or the baggage claim areas. If you require continuous flow oxygen therapy, you will want to make arrangements with a service provider for your oxygen needs during each segment of your trip.

Air Travel with a Portable Oxygen Concentrator - The Federal Aviation Administration has recently approved the use of certain portable oxygen concentrators (POCs) for in-flight use. Not all airlines permit their use, some airlines limit their use to certain types of aircraft, others prohibit their use on commuter planes and still others restrict their use to a particular type of POC. It is important therefore, to check with the airline prior to making your travel plans to discuss their particular policy regarding the use of POCs. You must



always notify the airline in advance if you are planning to fly with your portable oxygen concentrator.

Prior to flying with a POC you must obtain a signed statement from your physician and it must be available during each flight on your trip.

This statement typically includes;

- 1) Your ability to respond appropriately to alarms
- 2) When oxygen use is necessary (all or a portion of the trip)
- 3) Maximum flow rate under normal operating condition

(A sample Physician Letter is provided at the end of this brochure.)

Be sure to get to the airport early as security will do a thorough check of your concentrator. Plan to bring enough fully charged batteries with you to power your POC for the duration of the flight plus extra batteries for unanticipated delays. Although you may be able to access an electrical outlet on-board the aircraft, there is no way to guarantee this. An adequate supply of batteries is the safest option. To conserve battery life you may consider plugging into an electrical source while you are waiting in the airport for your flight.

If you consider using an in-flight AC power connection, be sure to check with the POCs manufacturer in advance of flying to know if you will need to remove the batteries prior to plugging into an aircraft outlet. Also, check that your AC power adaptor is the appropriate type for the electrical outlet on the aircraft.

During take off and touch down you can store your concentrator under the seat in front of you. It is not necessary to turn the POC off during take off and landing.

If planning a trip overseas, it is essential that you check with the airline regarding traveling with your POC. Many airlines will not permit their use on overseas flights. Additionally, because of the differences in electrical current, as an example the USA uses 110Volts with 60Hz and Europe uses 220Volts with 50Hz, your POC may overheat and shut down even if using an appropriate adaptor. Be sure to discuss this issue and other issues associated with overseas travel with your POCs manufacturer or supplier prior to use outside the USA.

Connecting flights - If your travel plans require you to take a connecting flight, request a wheelchair with an attendant to help get you to the next leg of your trip. Riding instead of walking will conserve your energy and reduce the stress of fighting your way through the airport. Some larger airports have motorized carts to shuttle you from gate to gate. Do not leave it to chance that

one will be available when you need it — call the airport ahead of time and make arrangements to have transport either by an attendant with a wheelchair or motorized cart ready and waiting at the gate when you arrive.



REMEMBER: If you require continuous oxygen therapy, the oxygen provider will be looking to meet you at the gate with a cylinder and supplies in hand, as long as the arrangements have all been made and confirmed ahead of time.

It is a good idea, whenever possible, to travel with a companion who knows what your needs are and can assist you. A travel companion should be familiar with the oxygen system you use so they can offer any technical assistance you might need and help you change cylinders, open tanks, attach a new regulator and adjust the flow. It is advisable to bring extra tubing, cannulas, adaptive pieces, tank wrench, T-connectors, swivels and electric adaptors so that you are prepared for any potential situations. Keep all necessary items in your carry-on luggage so they are available to you and there is less chance of them getting lost.

Despite your advanced preparations, you may still experience some unexpected disruptions in your plans. Do not be discouraged if your instructions are not adhered to 100 percent of the time. Learn from these experiences and make the necessary adjustments in your plans for the next time you travel.

Other concerns about air travel - Another consideration with airline travel is the air quality in the cabin. Cabin air is relatively dry, which can predispose individuals to an increased risk of acquiring an upper respiratory infection. Also, the close seating arrangements can pose a risk for contracting a respiratory infection for susceptible individuals.

There are some simple precautions to take to help reduce your risks when flying:

- Drink plenty of water to stay well-hydrated
- Avoid coffee, tea, and alcohol, as they tend to dehydrate
- Ask to be resealed if you are near someone who is coughing, sneezing or appears to have a cold
- You may choose to wear a mask as a protective barrier to help reduce your exposure to airborne droplets
- As a contingency, have a filled prescription for antibiotics to use should you develop an infection while you are away from home



CROSS REFERENCE: See the “Staying Healthy” brochure or “Management of Environmental Risk Factors” section in the **Big Fat Reference Guide** at www.alphanet.org.

Train Travel - Train travel is a very accessible and comfortable alternative to air travel. It requires most, if not all, of the same type of advanced planning with regards to meeting your oxygen therapy needs. As with air travel, discuss your travel plans with your health care provider and home oxygen provider to establish your needs for your length of stay.



EASY AS PIE: Amtrak can accommodate individuals requiring oxygen therapy with 12-hour notice.

Amtrak can accommodate individuals requiring oxygen therapy with a 12-hour notice. Although a prescription or physician's letter is not required, it is still a good idea to have copies with you, as well as a brief medical history and a current medication list.

Unlike air travel, the use of your own oxygen equipment is allowed on the train, but there is a weight restriction of no greater than 75 lbs. Oxygen concentrators must be able to run on battery power for up to 12 hours. Passengers using supplemental oxygen may only travel in non-smoking areas. We recommend you plan for enough oxygen for the entire length of your travel time plus an additional 20 percent as a margin of safety. There are no extra charges for travel using your own oxygen equipment on the train.

The same planning principles apply with train travel as with air travel. Make sure you have extra equipment readily available, along with emergency phone numbers and your oxygen provider's number. Arrangements should have been made ahead of time with a local oxygen provider if you will be requiring additional supplemental oxygen at your final destination.

Cruise Travel - Travel by cruise liner is yet another travel option, and many cruise lines accept passengers with supplemental oxygen. Cruise liners generally require a four- to six-week advance notice of your need for supplemental oxygen, as approval must be obtained from the Special Services Department or the Operations Department of the cruise line prior to your departure. A physician's letter that includes approval for travel, a brief medical history, and a current prescription for all medical therapies, including oxygen, will be required as well.



REMEMBER: Cruise lines generally require a four to six week advance notice of your need for supplemental oxygen.

Passengers are usually required to make their own oxygen arrangements with suppliers and have equipment delivered directly to the cruise ship. Liquid oxygen systems are generally preferred, but each cruise line has its own requirements, so you would be well-advised to discuss all of these details with the cruise liner's agents prior to your planned departure. Generally, there is no additional charge for on-board oxygen provided by the passenger themselves, and the only restrictions are to avoid smoking areas.

Automobile Travel - Travel by automobile requires conscientious planning to assure a safe and successful trip. As with others modes of travel, discuss your travel plans with your physician and your home oxygen supplier. Remember that altitude can be a factor when traveling by car, so be sure to discuss this with your health care provider and plan accordingly. Map out your travel route and identify planned stops along the way where tanks can be refilled or help will be available if necessary. The American Automobile Association (AAA) can assist you with mapping out your travel route.

Be aware that highway pollution can be bothersome when traveling by car, so you may want to try to avoid driving during peak rush hour times. Travel during periods when there is lighter traffic and avoid heavily traveled highways. Take the scenic back roads if possible. During the summer months, keep the air conditioning on and the windows rolled up.

Remember that allergens can pose some challenges as well. If you are traveling to an area where there are known allergens to which you are sensitive, consider taking your trip when these do not pose as much of a problem. Keep prescribed medications readily available and in adequate supply.

If you require supplemental oxygen, plan to have an adequate number of oxygen cylinders or tanks available for the duration of your travel. If you use a concentrator powered by the car's electrical system, be sure to have the system checked prior to leaving to make sure the alternator and battery can handle the extra demand.

Common sense and good preparations can go a long way in preventing a crisis on the road when traveling with oxygen by car. Make sure the car is road-worthy and has been serviced recently. Have the oil changed and assure all fluids are filled. Be sure the spare tire is inflated, and that the jack, jumper cables, flares, and emergency supplies such as blankets and water are available.





REMEMBER: Bring a cell phone, charger and car charger in case of emergency.

If you are traveling with extra oxygen, secure cylinders or the concentrator so they are not banging around during the trip. Jolting and banging of the cylinders can cause the gas to escape, inadvertently emptying them. Keep liquid oxygen reservoirs upright to prevent spillage and potential skin burns. Keep the area where the cylinders are stored well-ventilated and keep them from extreme heat. Be sure not to leave oxygen tanks in hot cars during the summer as escaping oxygen can create a hazard.

OXYGEN THERAPY AND TRAVEL CHECKLIST



GENERAL CONSIDERATIONS:

- Discuss your travel plans with your physician and obtain a letter approving your travel that includes a brief summary of your present condition and a listing of all current medications with dosing schedule, including oxygen.
- Obtain a written prescription for your oxygen, including flow rate.
- Review your health insurance policy to determine if coverage is offered out of state. Discuss a temporary policy with your insurance agent if necessary.
- Obtain the name and phone number of a physician able to care for you at your final destination, along with the name and phone number of a medical facility in the area.
- Have all routine medication prescriptions refilled to assure adequate amounts on hand during your travel. Keep medications accessible in carry-on luggage.
- Obtain a filled prescription for antibiotics should you need them when traveling.
- Have the name and phone number of your regular pharmacy available (usually can be found on your prescription bottles). Identify a local pharmacy at your destination if further refills are needed.
- Designate a family contact and/or emergency contact at home and at your final destination.
- Keep travel documents readily accessible: plane tickets, boarding passes, passport, ID, medical information, emergency cash, credit cards, traveler's checks and medical insurance cards.

- Identify a travel companion if feasible.
- Consider purchasing flight cancellation or trip interruption insurance.

OXYGEN CONSIDERATIONS:

- Check with your airline regarding oxygen availability prior to booking your flight. Choose direct non-stop flights if possible. Make arrangements for a wheelchair or motorized cart if needed, at the time of booking. This may assure easy transport through the airport from check-in, to get to/from the gate, to baggage claim and ground transportation.
- Confirm your travel itinerary with your airline verbally and in writing. Also confirm that oxygen has been arranged to be on board for each segment of air travel. Confirm one week in advance and confirm 48 hours prior to travel. Confirm your request for a wheelchair or motorized cart if applicable.
- If you require oxygen full-time, you will need to arrange with your oxygen provider for provisional oxygen for use while on the ground. This includes oxygen for transportation to connecting flights, in the event of a layover or delay, and from transport to baggage claim, ground transportation, and to your final destination. **THE AIRLINE DOES NOT PROVIDE OXYGEN IN THE AIRPORT — ONLY ON THE PLANE.**
- Confirm with your oxygen provider one week in advance of your travel that oxygen will be available for you at the airport and at your final destination. You may need to sign for delivery to be sure that the prior arrangements have been made. Reconfirm 48 hours prior to travel/arrival.
- Provide your oxygen company the name of your hotel, address, fax and phone number, along with the name of the hotel contact person (manager or concierge) for oxygen delivery to be arranged.
- Have hotel reservation confirmation number available.
- Determine if a hotel designee can sign for oxygen delivery. If NO, arrange to sign a delivery ticket and fax it to the hotel prior to the oxygen delivery and your arrival.
- Determine with the manager/concierge where oxygen canisters/concentrators will be stored until your arrival.
- Keep the phone number and name for the contact person at your routine home oxygen provider handy.



- Keep the phone number and name of the contact person with your provisional oxygen provider(s) while traveling and/or the oxygen provider at your final destination readily available.
- Bring your conserving device and nebulizer (if applicable), along with extra respiratory care supplies, such as cannulas, tubing, T-connectors, tank wrenches and electrical adapters (country specific). Keep them as accessible in carry-on luggage as possible.



This chart will give you an idea about a few airline regulations regarding the transport and use of therapeutic oxygen while traveling. In any case, you should check ahead of time with the airline you will be flying for updated information.

AIRLINE COMPARISON:

AIRLINE	ALLOWS OXYGEN	NOTICE NEEDED	MD APPROVAL REQUIRED	LITER FLOW AVAILABLE
DOMESTIC				
American	Yes	48 hrs	Yes	2 - 4
America West	No			
Continental	Yes	48 hrs	Yes	2 - 4
Delta	Yes	48 hrs	Yes	2 - 8
Midwest	Yes			
Northwest	Yes	48 hrs	Yes	2 - 5
Southwest	Yes			
United	Yes	48 hrs	Yes	1 - 5
US Air	Yes	48 hrs	Yes	various
FOREIGN				
Air Canada	Yes	72 hrs	Yes	2,4 or 6
British Air	Yes	48 hrs	Yes	2 or 4
Lufthansa	Yes	72 hrs	Yes	2-8
Qantas	Yes	72 hrs	Yes	1-15
Singapore	Yes	2 wks	Yes	2-4
SwissAir	Yes	1 wk	Yes	2-6

Adapted from *Everything Respiratory* magazine 1/2007

TRAVEL WITH AUGMENTATION THERAPY



Travel with augmentation therapy is also possible with good planning and organization. Discussion of your travel plans with your physician and your home care provider or facility should be undertaken well in advance of your planned travel. Plenty of lead time needs to be allotted so you can locate approved providers at your travel destination and can confirm your insurance coverage.



IT'S A FACT: Treatment with medications such as Prolastin, Aralast and Zemaira are referred to as "augmentation therapy" because they supplement or "augment" your body's own supply of alpha-1 antitrypsin.

If you are a participant in AlphaNet services, your AlphaNet Coordinator can be instrumental in assisting with the initiation of infusion arrangements, as well as with facilitating the redirection of medication shipments and the provision of additional supplies. For Prolastin patients the nurse case management team at Talecris Direct can assist with the specifics of insurance coverage and locating providers. For patients on other augmentation therapy products, such as Zemaira and Aralast, the provider of your infusion services can work with you on these same issues.

If your travel plans take you out of state or to another country, identifying a physician who will be responsible for your care and who will be able to treat you, if necessary, must be established. This requires communication between your physician and the accepting physician. You will need to facilitate access to copies of your medical records, including your medical history, allergy status, and a list of your current medications. The accepting physician will need all of the specific information with regards to your current augmentation therapy. If you are a Medicare participant you will need to arrange to receive your drugs at your destination as you are not allowed to take them with you while traveling.

The other component involved with arranging infusions while you are away from home is finding an infusion provider, whether it is a home care agency, a clinic or other type of facility. In some cases, you may be able to locate a provider, but they may not necessarily have experience with the augmentation therapy. If this is the case, you will want to ensure they receive infusion instructions and other educational materials well in advance of your arrival.



CROSS REFERENCE: To assist you with your preparations for augmentation therapy while you are away from home, we have provided an "Augmentation Therapy and Travel Checklist".

If circumstances arise and adequate resources cannot be located or established, other options are possible depending on the traveler's infusion schedule. Any alternative infusion schedules or an omission of an infusion should be discussed and agreed upon by the prescribing physician.

Requiring augmentation therapy for Alpha-1 does not need to be a deterrent to travel and leading a healthy and fulfilling lifestyle. Just as with planning for routine infusions at home, emergency and contingency planning is essential when planning for infusions when away from home. Good planning and preparation will go a long way to assuring a safe and trouble-free experience.

AUGMENTATION THERAPY AND TRAVEL CHECKLIST

- Discuss plans with physician, home care provider/facility for travel, and identify and record any changes to infusion schedule. Obtain written prescription or save copy of drug label.
- Obtain a prescription for an antibiotic in the event it is needed during your travels.

- Call insurance company to identify preferred providers at destination.
- Determine if you need to obtain a prescription from a local physician at your destination site.
- Confirm therapy is covered and any particulars with billing or submission of claims.



LIST OF NECESSARY SUPPLIES:

- ✓ Medication — adequate amounts for each infusion; copy of drug label
- IV access equipment: catheters, start kits, flush solutions
- ✓ Tape & gauze; dressing change kit
- ✓ IV pole or hook
- ✓ Alcohol prepads
- ✓ Empty IV bags
- ✓ IV administration tubing
- ✓ Syringes or transfer tubing and vial access spikes/pooling equipment
- ✓ Biowaste container
- ✓ List all names and numbers for usual physician, home care/infusion provider, provisional physician, and name and number of an emergency contact.
- ✓ List the number and name of the contact person at your pharmacy provider.
- ✓ List the address, phone number and contact person at final destination.
- ✓ List the name, address, and phone number of hospital or medical facility at final destination.

Confirm arrangements are in place prior to departure. Confirm date, time, and place of scheduled infusion(s) and if any further information is needed. For extensive travel, you may need to arrange delivery of your augmentation therapy at multiple locations.



SAMPLE PHYSICIAN LETTER FOR TRAVELING WITH POC

To be completed by physician:

Patients Name: _____

Date: _____

Does the user of the device have the physical and cognitive ability to see, hear, understand, and take appropriate action in response to the device's aural and visual cautions and warnings?

YES _____ NO _____

If not, the customer must travel with someone who is capable of performing those functions.

Is oxygen use medically necessary for continuous use during taxi, take-off, landing, and during flight?

YES _____ NO _____

Is oxygen use medically necessary for non-continuous use?

YES _____ NO _____ EXPLAIN: _____

Pressurized aircraft cabin altitude equals 8,000 feet above sea level. Recognizing the possible changes in cabin pressure during flight, the patient's required oxygen flow rate during flight is _____LPM.

Physician's Name: _____

Telephone: _____

Signature: _____



This brochure is produced by AlphaNet as part of its Alpha-1 Disease Management and Prevention (ADMAP) program.

AlphaNet is a not-for-profit organization providing disease management services and support to individuals affected by Alpha-1 through a staff of medical professionals and specially trained AlphaNet Coordinators, available 24 hours a day, 7 days a week. To learn more about ADMAP or to find the AlphaNet Coordinator nearest you, visit our website (www.alphanet.org).