



Respiratory Care WA

Asthma | COPD | Respiratory Health



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Travelling and Asthma

Travel, either interstate or overseas, should not present problems for someone with asthma, as long as a few simple precautions are taken. Visit your doctor well in advance of the departure date to ensure your asthma is well controlled.

What should I discuss with my doctor before I travel?

You should ask your doctor for a written Asthma Action Plan outlining your day to day asthma care, as well as what to do if your asthma deteriorates and how to deal with an asthma emergency.

It is also advisable to obtain a letter from your doctor stating the history and severity of your asthma, as well as outlining your treatment, including a list of medications (ask your doctor for the generic brand name) and the dose required. Take this letter with you on your travels as custom officials may require it to verify your medications.

What issues do I need to take into consideration when travelling?

- Make sure you have enough asthma medication for your trip. You should also take a copy of your prescription in case you run out (prescriptions may also be required when passing through customs).
- Make sure you keep your asthma medication in your hand luggage as well as spare supplies in your main luggage.
- Ensure that you are confident in using your asthma medication and delivery device/s before you leave (check your asthma medication delivery technique with your doctor, asthma educator or pharmacist).
- Make sure your travel insurance covers the cost of health care that stems from pre-existing asthma.

What type of medication device should I take travelling?

A spacer device is preferable to a nebuliser when travelling because it is cheap, portable and effective. If your doctor requires that you take a nebuliser pump, special planning for voltages, power point adaptors, etc. is necessary. If a nebuliser is to be used on board an aircraft, special arrangements need to be made with the airline. An alternative is to use a battery-operated nebuliser.

Make sure your asthma is well under control before leaving for your holiday and if relevant to your trip, consult your doctor to discuss the risks of scuba diving. Always be aware of asthma triggers while you are away, such as temperature changes or bedding that is not regularly cleaned or replaced.