

Whether you are thinking of travelling in the UK or abroad, before making any travel plans, it's very important for you to speak to your cancer doctor or lung cancer nurse specialist. They can tell you whether your cancer or treatment may make travelling unsafe. They can also tell you what you might need to consider when travelling abroad. It is important to plan your trip. Think about your destination and make sure it is suitable, for example, how far you may have to walk if you get tired easily or the length of the flight.

Taking medicines abroad

If you are taking regular medicines, make sure that you have enough to last you the whole trip, even if your return is delayed by a couple of days.

You should take a letter from your GP or cancer doctor which outlines the drugs (and dosage) you are taking, the type of cancer and treatment you have had.

Also remember that some countries limit the amount of certain drugs that can be taken into the country. Check with the high commission or embassy of the country you're travelling to about any restrictions they have.

It's a good idea to carry all medicines, covering letters and licences for controlled drugs in your hand luggage, as customs officers will usually need to see them. Also try to keep medicines in their original packaging so they can be easily identified.

Taking care in the sun

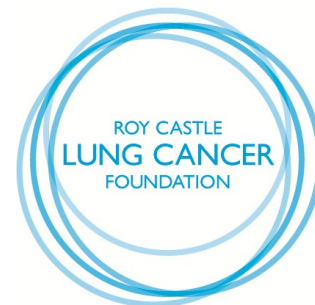
Some cancer treatments can make your skin more sensitive to damage from the sun. Speak to your cancer doctor or lung cancer nurse specialist about what extra care you should take if you are travelling to a sunny destination.

Taking oxygen on a flight

If you struggle with breathlessness, sometimes it can be helped by taking oxygen during a flight. Your healthcare team can arrange for you to have a fitness to fly test to find out if you would benefit from this.

If you are advised to take oxygen when flying you should speak to the airline before you book your holiday. Each airline has a different policy on carrying oxygen and whether they charge a fee or not.

Speak to your healthcare team about who can supply you with oxygen for the flight and what arrangements can be made if you need oxygen throughout your holiday.



Getting about

Most airports and train stations have facilities to help you get around and avoid getting too breathless. This may be either a wheelchair or mobility buggy. You can ask for special assistance when booking or contact the airline/station before you travel.

Travel Insurance

If you have been affected by lung cancer, getting travel insurance can often be difficult. From the insurance company's point of view, there may be more risk involved in insuring you as you may be more likely to need medical treatment while you are abroad. They may also consider it more likely that you will cancel your trip at the last minute due to illness.

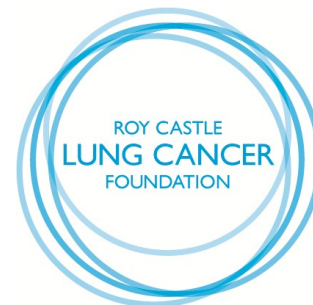
Specialist insurance companies often cover a wider range of people with cancer and pre-existing medical problems. To be sure you are covered for any medical problems whilst abroad, you will need a policy that says it will cover you for your cancer.

Applying for travel insurance

When you apply for travel insurance, be prepared to answer questions relating to your cancer diagnosis, the stage of your lung cancer and the treatment you have had.

- If you have had chemotherapy: do you know what drug combination was given to you? Ask your cancer doctor or lung cancer nurse specialist if you are unsure of this information before applying for insurance.
- If you have had surgery, what type:- lobectomy, pneumonectomy or wedge resection?
- You will also be asked about the follow-up care you are having.
- You may need a letter from your cancer doctor or GP confirming that you have had a diagnosis of lung cancer but that you are fit to travel.
- If you have to take any special medical equipment with you, please make sure that your insurance will cover this.

If you have had lung cancer in the past, many high street travel companies will give you medical insurance as long as you have confirmation from your cancer doctor that you no longer have lung cancer and are fit enough to travel.



Each travel insurance policy varies, some offer more cover than others. Be sure to shop around and pay particular attention to the medical cover they are offering.

Where you plan to travel to

Travel insurance costs vary depending on where you are travelling to, whether or not you have cancer. Medical costs in the US are very high and you may find it difficult to get cover. It may be easier and cheaper to get travel insurance for European countries.

If you are travelling within the European Economic Area (EEA) and Switzerland, you should carry a European Health Insurance Card (EHIC). The card is free and covers you for emergency treatment that is necessary while you are abroad. Visit www.ehic.org.uk.

Specialist brokers and insurance companies

We have listed some companies below which have been recommended to us by supporters and visitors to our website. The companies listed are specialist brokers or insurance companies which will consider providing travel insurance to people who have been affected by cancer.

All Clear Options

0845 250 5350

www.allcleartravel.co.uk

Direct Travel Insurance

0845 605 2700

www.direct-travel.co.uk

Freedom Travel Insurance

01223 446 914

www.freedominsure.co.uk/Cancer-Travel-Insurance

Free Spirit

0845 230 5000

www.freespirittravelinsurance.com

InsureCancer (Medi TravelCover Ltd)

01252 780190

www.insurecancer.com

JD Travel Insurance Consultants

0844 247 4749

www.jdtravelinsurance.co.uk

Orbis Plus

0845 338 1638

www.orbisplus.co.uk

Staysure

0844 692 8444

www.staysure.co.uk/travel-insurance/cancer

Travel Insured

0845 850 1066

www.manorinsurance.co.uk/travel

Please note that Roy Castle Lung Cancer Foundation does not offer travel insurance or recommend any insurance broker or company.



Each insurance broker or company listed is a member of the 'Know Before You Go' (KBYG) Campaign, a joint initiative with the Foreign and Commonwealth Office (FCO) and travel industry partners. Each insurance broker listed is regulated by the Financial Services Authority (FSA) .

The Association of British Insurers (ABI) represents the UK's insurance industry and also acts as an advocate for high standards of customer service in the insurance industry.

Association of British Insurers

020 7600 3333

www.abi.org.uk

info@abi.org.uk

Please share your travel insurance experience

If you have had a good experience booking travel insurance, either with one of the insurance brokers or companies mentioned here or with another broker or company, please let us know. You can e-mail us at info@roycastle.org or call our free helpline on **0333 323 7200, (option 2)**.

If you are travelling abroad for treatment

If you're thinking of going abroad for medical treatment, it's important to understand how it works and the risks involved. If you don't follow the correct procedures, you may end up being responsible for the full cost of treatment. You should discuss your plans with your doctor before you make any travel or medical arrangements.

There are two ways to access NHS funded healthcare in EEA countries.

The S2 Form (formally or E112) entitles you to pre-planned and endorsed treatment in the state-funded sector in another EEA country and Switzerland. Treatment will be provided under the same conditions of care and payment as residents of that country and you may have to pay a percentage of the costs upfront. This funding must be approved by your local health commissioner prior to treatment (contact your health board).



The EU Directive on cross-border healthcare (or Article 56) gives you the right to access healthcare services in another EEA country as long as the treatment is medically necessary and is also available under the NHS. It covers treatment provided in both state-run hospitals and by independent healthcare providers. In most cases, you will have to pay the costs upfront. You can claim reimbursement when you return, up to the amount the treatment would have cost under the NHS.

Prior authorisation may be required in some cases. This will confirm whether you are entitled to the treatment and the level of reimbursement you can expect.

More information is available here:

www.nhs.uk

www.nhsinform.co.uk

www.nhsdirect.wales.nhs.uk

www.dhsspsni.gov.uk/advice-for-patients

(Search for treatment abroad)

GIVING HELP AND HOPE

The charity has two aims:

Supporting people living with lung cancer - Working closely with lung cancer nurses, we provide information, run lung cancer support groups and offer telephone and online support. Our patient grants offer some financial help to people affected by lung cancer.

Saving lives - We fund lung cancer research, campaign for better treatment and care for people who have lung cancer, and raise awareness of the importance of early diagnosis. Our lung cancer prevention work helps people to quit smoking and encourages young people not to start smoking.

Call us on 0333 323 7200 (option 2)

This information has been taken from the following sources:

Lung cancer—answering your questions: Living with lung cancer — www.roycastle.org/ayqpack
Foreign and Commonwealth Office (FCO) www.gov.uk/browse/abroad/travel-abroad
www.macmillancancersupport.org.uk/travel

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