

Northiam and Broad Oak Surgery

Travel Vaccination and Advice Form

Our Practice Nurses provide an immunisation and advice service for those travelling overseas. This service aims to make sure that you have up to date immunisation and advice, if needed, on medication necessary to prevent Malaria. Some important points to remember:

- **Some travel vaccinations and all tablets to prevent Malaria and other diseases whilst you are travelling are not covered by the NHS.** There is a charge for many travel vaccinations, which is payable at the time of vaccination. You can choose not to have recommended vaccinations or not to take anti-malarial tablets, but you must understand you are responsible for any increased risk.
- You need to start planning your medical arrangements for travel as soon as possible. Immunisations are usually given 4 weeks prior to travel and anti-malarial tablets (depending on which medication) started 2-16 days before entering malaria-risk areas. If you ask for immunisations less than 4 weeks prior to travel we may be unable to arrange this at short notice and the vaccines are likely to be less effective.
- Most illnesses which people get on holiday are not prevented by immunisations. Drinking safe water, avoiding over exposure to the sun and insect bites are all important. www.fitfortravel.scot.nhs.uk is a useful website for travel, vaccination and malaria information if you have a computer.
- Make sure you have your European Health Insurance Card if travelling in Europe, and adequate medical insurance wherever you go. If you have any significant medical problems make sure your insurers know before you travel. If you need a 'fit to travel' certificate, or any kind of claim or cancellation form completed, you will need to see a GP and there will be a charge.
- Make sure you have an adequate supply of any regular medication you take. If you are going away for more than 3 months you will need to get further medication from a doctor in the area where you are travelling, as we are not allowed to prescribe more than 3 months medication.
- Flights or journeys by road longer than 4 hours may increase your risk of developing a blood clot in your legs (known as a DVT or Deep Venous Thrombosis). This is especially true if you are pregnant, on the pill or HRT, have cancer or have had recent surgery or have had DVTs or Pulmonary Embolism in the past. To reduce the risk drink plenty of fluids, avoid alcohol, and get up and stretch your legs. Consider getting support ('compression') stockings over-the-counter from a chemist or our Practice Nurse. It is not clear whether Aspirin prevents flight-related DVTs. If you have had a previous blood clot and are not taking Warfarin please discuss this with your GP.
- If you become ill whilst you are away, especially with a fever, do not delay in seeking medical help locally. The local doctors will be far more expert at treating local health problems than we are and delay in treating some illnesses, especially Malaria and DVT, can be fatal.

Anti-Malaria Tablets

These, along with insect bite avoidance, are vitally important in Malaria-risk areas. There are four different types; which one is recommended depends on where you are going. If you are a child, or pregnant or breast-feeding, this may affect the drug recommended. The start time for anti-malarials varies from one week to one day before travelling depending on the medication. It is important you finish the full course of tablets (take for 4 weeks after leaving the malaria-risk area, or one week for Malarone). If you lose them or they are stolen get replacements. Insecticide-treated anti-mosquito nets may be useful.

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| 1. | <i>Chloroquine</i> ('Avloclor') or <i>Proguanil</i> ('Paludrine') | These are available from the Surgery |
| 2. | <i>Mefloquine</i> ('Lariam') | These are very good but in some cases, especially those with a history of depression or psychological problems, they can cause major side-effects. |
| 3. | <i>Malarone</i> | A new and good drug started only 2 days before entering the risk area. However, these are expensive. |
| 4. | <i>Doxycycline</i> | A safe drug for those over 12 years old. |

The Practice Nurse will discuss Malaria with you and advise you on which course of tablets are recommended for your itinerary.

Anti-Malarial costs

Cost of drugs:

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|-----------------------------|----------|-------|
| Chloroquine | 1 tablet | £0.77 |
| Proguanil | 1 tablet | £0.22 |
| Lariam | 1 tablet | £3.27 |
| Doxycycline | 1 tablet | £0.37 |
| Generic Malarone | 1 Tablet | £4.77 |
| Generic Malarone Paediatric | 1 Tablet | £0.94 |
| Branded Malarone | 1 Tablet | £3.78 |
| Branded Malaone Paediatric | 1 Tablet | £0.94 |

Cost of standard 2 week holiday:

e.g. a 7-week course of treatment required for Proguanil OR an 8-week course of Lariam

| | | |
|-----------------------------|------------|--------|
| Chloroquine | 14 tablets | £10.82 |
| Proguanil | 98 tablets | £21.51 |
| Lariam | 8 tablets | £26.15 |
| Doxycycline | 44 tablets | £ 9.35 |
| Malarone | 23 Tablets | £86.97 |
| Generic Malarone Paediatric | 23 Tablet | £21.60 |

Vaccines

Most vaccines for travellers are prescribed free by the NHS but some are only available privately. They are:

Cost to patient of giving course:

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|--------------------------------|---|
| Meningitis | £ 60.00 single dose |
| Rabies | £ 80.00 single dose £220.00 course of 3 injections |
| Japanese encephalitis | £230.00 course of 2 injections |
| Yellow Fever | £ 75.00 single dose |
| Tick Borne Encephalitis | £ 180.00 course of 3 injections |
| Tick Borne Encephalitis Junior | £ 160.00 course of 3 injections |
| Menigitis B | £135.00 |
| Engerix 10mcg dose children | £20 |

Travel Vaccination Form

1. Complete one form for each patient of the Practice who is travelling.
2. Hand it to the Receptionist and make an appointment to see the Practice Nurse.
3. If your planned immunisations include some for which there is a charge, bring the appropriate money or a cheque-book or card when you attend.

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| Name: | D.O.B.: | Age: |
| Address: | Contact phone number: | |

| Countries to be visited | Type of resort & accommodation | Arrival date | Length of stay |
|-------------------------|--------------------------------|--------------|----------------|
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| Have you ever had Hepatitis or Jaundice? | | Is there anything else you think we should know? |
| Have you had Depression or any Mental Health problems? | | |
| Are you allergic to any vaccines? Please give details. | | |
| Are you pregnant, trying to get pregnant or breast feeding? | | |
| Will you be travelling more than 24 hours away from medical help? | | |
| Are you on any regular medication? | | |

| Vaccination | When do you think you last had this? |
|-------------------------|--------------------------------------|
| Polio | |
| Tetanus | |
| Diphtheria | |
| Typhoid | |
| Hepatitis A | |
| Hepatitis B | |
| Meningococcal | |
| Rabies | |
| Yellow Fever | |
| Japanese B Encephalitis | |
| Cholera | |

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| I have read the advice given on the Travel Form and agree to pay the cost of vaccines given to me. | Signed | Date |
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