

## **Patient Information Leaflet - Travel**

**We strongly advise that you discuss your travel plans with our practice nurse. It is during this discussion that hazards specific to your destination can be identified and advice on avoiding them can be given.**

### **Why do I need to go for pre travel health advice?**

A pre travel consultation does not just involve injections. In fact the majority of hazards faced by travellers abroad are not prevented by vaccines. The pre travel consultation will identify these hazards and provide you with the opportunity to discuss how these risks can be reduced. Examples include:

- Food & water hygiene
- Insect bite avoidance
- DVT (traveller's thrombosis)
- Traveller's vomiting & diarrhoea
- Travel insurance

### **The benefits of a pre travel consultation**

- Up to date verbal & written advice on a range of travel health issues
- Information about recent disease outbreaks
- Travel health vaccinations, malaria tablets and other medications.

Any traveller planning a trip outside the UK should discuss their travel plans with our practice nurse. Generally the risk of infectious disease is greater in resource poor countries; however certain advice will be applicable to all travellers regardless of their destination.

Some groups of patients may be at higher risk from diseases e.g. babies, young children, the elderly or those with pre existing medical conditions.

All travellers are advised to be up to date with their Diptheria, Tetanus & Polio vaccinations.

### **What can I expect at the pre travel consultation?**

The practice nurse will want to make a "risk assessment" based on the information you have completed on your travel risk assessment form and your consultation discussion. This will identify hazards related to your destination and planned activities, and will provide you with individualised advice.

### **What do I need to do now?**

Every traveller should complete a 'Travel Risk Assessment Form'.

These can be obtained from Reception or via our website:

[www.ardenmedicalcentre.co.uk](http://www.ardenmedicalcentre.co.uk).

**Ideally this form should be completed 6 – 8 weeks before you travel.**

Once this is completed please return it to the surgery so our nurse is able to assess what advice and vaccinations you require. It is very important that you provide as much detail as you can with regard to your travel plans such as the region you are visiting, as this helps us ensure you get the correct advice and vaccinations. We undertake a full risk assessment for your journey.

After 3 working days please call us on 01564 739194 to discuss your requirements and to book your pre travel appointment.

At the time you complete your 'Travel Risk Assessment Form' we will also provide you with some general information regarding travelling abroad. We would encourage you to read this in advance of your appointment. If you have any questions in relation to this advice please at the nurse at your appointment.

### **Will I need to be vaccinated?**

If you are travelling outside the UK you may need to be immunised against some of the serious diseases that are found in other parts of the world. Immunisation can help protect you against becoming infected with a disease.

### **Whether vaccinations are required or not we would still like to see you for a pre travel consultation before you travel.**

The information below talks you through our process at Arden Medical Centre and any fees or charges that you may incur obtaining vaccinations.

The nurse/receptionist will advise if you need a private prescription for any vaccines that are not provided on the NHS and if any administration charge will apply.

### **When do I need to have my vaccinations?**

It is advisable to contact us as soon as your travel plans are in place. Your vaccinations will remain effective if given well in advance. However, a vaccination given at any stage will provide better protection than none at all, so please get in touch even if you have only a few days before your trip. In these circumstances, if we are unable to offer an appropriate appointment we will direct you to a private Travel Clinic who may be able to see you at short notice.

### What vaccinations are offered at Arden Medical Centre?

Only certain vaccinations are provided on the NHS. To obtain a non-NHS vaccination we will issue you with a private prescription. This means you will collect it from us as usual; take it to the chemist to collect and where you will be charged the full cost of the drug. We will charge you a £20 fee for administering each vaccination\*.

We are not able to provide vaccination against Yellow Fever or Japanese Encephalitis.

Vaccination	NHS Y/N	Administered at Arden	Administration Charge	Number of vaccines required & comments
Typhoid	Y	Yes	No	1 vaccination
Hepatitis A	Y	Yes	No	2 vaccinations
Hepatitis A + B	Y	Yes	No	3 – 4 vaccinations
Hepatitis A + Typhoid	Y	Yes	No	1 vaccination
Hepatitis B †	N	Yes	£20 plus the cost of the drug itself	Private prescription not required. You may require 3 - 4 vaccinations.
Meningitis ACWY	N	Yes	£20	1 vaccination
Diphtheria/Polio/Tetanus	Y	Yes	No	1 vaccination
Cholera	N	Yes	£20	2 vaccinations
Rabies	N	Yes	£20	3 vaccinations
Tick-borne Encephalitis	N	Yes	£20	2 vaccinations
Japanese Encephalitis	N	No	N/A	Yew Tree Travel Clinic (Solihull) 0300 100 4303
Yellow Fever	N	No	N/A	Yew Tree Travel Clinic (Solihull) 0300 100 4303

- \* Please note the £20 fee is per injection...so a course of 3 injections will be 3 x £20
- † - Hepatitis B is offered under the NHS if travellers occupation puts them at high risk e.g. foreign aid worker

**Please note that payment is required at the time of vaccination (cash or cheque)**

## **Additional Patient Information – Students**

Students are usually registered with a GP at University. If students require travel vaccinations it is advisable to have them done at University before returning home.

However, if this is not possible you can register as a temporary patient at the surgery.

- Students need to complete the same travel risk assessment form
- Students still need to have an appointment with the Practice Nurse to discuss their travel arrangements
- As the Practice will not be your usual GP surgery we will not have access to your full medical records. Therefore we can only give advice on the basis of the information you give us on previous vaccinations, allergies, illness etc
- It is your responsibility to record what vaccines we administer, so you can update your GP. Requests for copies of your vaccination records will be charged for.