

# TRAVEL HEALTH CLINIC

## Information Sheet

A travel health service is provided by the practice nurses. Before coming to your initial appointment please complete a pre-travel health assessment questionnaire available at reception or online at [www.inschmedicalpractice.co.uk](http://www.inschmedicalpractice.co.uk)

Ideally, we would like you to complete this at least 6-8 weeks prior to departure. If this is not possible, please complete this as soon as your travel plans are confirmed.

Please ensure you have completed the telephone contact section and the Travel Nurse will contact you to begin discussions regarding your travel health plans. She will then arrange a mutually suitable appointment for you to attend the Health Centre.

At your telephone contact, a travel health risk assessment will be carried out with a plan for vaccinations required. Some vaccinations e.g. Hepatitis B and rabies require up to 3 doses spaced weeks or months apart.

### Costs

- Tetanus, polio and diphtheria vaccinations are free on the NHS and are available at the surgery.
- Typhoid and Hepatitis A vaccination are available on NHS prescription.

All others are on private prescription with a charge of £10.50 per prescription with an additional £5 administration charge per vaccine.

The remaining costs are paid directly to the Pharmacy where you collect your vaccines from. As soon as you collect your vaccines from the pharmacist, please bring immediately to the Health Centre so the vaccines may continue to be stored correctly until your next appointment.

**Yellow Fever** vaccination is mandatory when travelling to certain parts of South America and Sub-Saharan Africa. An official certificate of vaccination may be required on entry to a country. The vaccination must be given at least 10 days before travel and the certificate is valid for a 10 year period.

Insch Medical Practice is an official Yellow Fever Vaccination Centre designated by Health Protection Scotland

**Malaria** There are various options available for the prevention of malaria if you are travelling to a high risk zone.

**Risks of malaria and bite prevention methods will be discussed at your appointment**

The 3 main options for prevention are courses of tablets which should be taken before, during and after travel

| <b>MALARIA TABLET</b> | <b>REGIME</b>   | <b>APPROX COST PER MONTH</b> |
|-----------------------|---|------------------------------|
| Mefloquine            | One tablet per week 2-3 wks before travel, whilst travelling and for 4 wks after return             | £30.24                       |
| Doxycycline           | One tablet daily for one week before travel, every day whilst travelling and for 4 wks after return | £14.10                       |
| Malarone              | One tablet 1-2 days before travel, every day whilst travelling and for 1 week after return          | £116.44                      |

**Approximate Costs of Private Vaccines**

| <b>VACCINE</b>                       | <b>NUMBER OF VACCINES IN FULL COURSE</b> | <b>COST PER COURSE</b>                           |
|--------------------------------------|--|--|
| Yellow Fever                         | 1  | 45.00 including international travel certificate |
| Hep A / Hep B combined Adult Vaccine | 3  | 128.00   |
| Hep A / Hep B Combined Child Vaccine | 3  | 96.50  |
| Hep B Adult                          | 3  | 62.00  |
| Hep B Child                          | 3  | 46.50  |
| Rabies                               | 3  | 133.00   |
| Meningitis ACWY                      | 1  | 28.00  |
| Tick Borne Encephalitis              | 3 injs                                   | 187.00   |
| Japanese B Encephalitis              | 2  | 172.00   |
| Oral Cholera                         | 2  | 42.00  |