

Travel advice

When travelling far it can be necessary to have vaccinations. Sometimes it can be obligatory as in case of yellow fever in some countries.

Feel free to ask the practice if you need anything.

If you did not have any vaccinations at all during life it is important to have contact some months in before travelling.

Otherwise a month is sufficient.

What type of vaccinations you want is also dependent on how you are travelling (staying in hotel or just anywhere etc) Also it depends if you do not want to take any risk at all.

If you are using medication it can be worth discussing how to go on in the different circumstances.

The costs of vaccinations and drugs to prevent malaria are for your account except the booster diphtheria, tetanus & polio.

If you want, the practice can arrange to get the vaccinations and the drugs.

Questions you have to answer:

- Where are you going?
- How long?
- Previous vaccinations?
- General health, allergies, pregnancy

Prices

Booster DTP	free
Typhoid	18.00
Hepatitis A	31.00
Meningitis ACWY	26.00
Hepatitis B	22.00
Yellow fever	55.00
Vaccination booklet	4.00

Prevention Malaria: there are different regimens

1. Malarone 22.95 for 12 tablets

Side effects: headache, vomiting, diarrhoea

Adult: 1 tablet daily: start 2 days before leaving and continue 7 days after returning

2. Mefloquin 14.55 for 8 tablets

Some people can have bad dreams and also depression is possible

Adult: 1 tablet weekly: start 2 weeks before and continue 4 weeks afterwards

3. Doxycycline 7.28 for 50 tablets

Side effect: diarrhoea, vomiting, abdominal discomfort, excessive sunburn

Adult: 1 tablet daily: start 2 days before and continue 4 weeks afterwards

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