

**TRAVELLING ABROAD**

**ADVICE & VACCINATIONS**

Dear Patient,

If you have plans to travel abroad for work or your holiday it is always good to be prepared well in advance. This is especially important if you might need vaccinations which can sometimes take up to 8 weeks to complete the course. We advise you to start planning to protect your health whilst on holiday 12 weeks in advance of your trip whenever possible.

Ravenswood Surgery are keen that you receive the best advice about your travel and are able to access all necessary vaccinations in advance of your trip. The NHS only provides certain vaccinations for patients planning to travel abroad. These vaccinations are listed below as well as a selection of other vaccinations and treatments that are not covered by the NHS and you will need to source privately.

Unfortunately, Ravenswood does not offer a private, non-NHS, travel vaccination service but is happy to provide you with details of where you can source high quality information about your trip, whether you need vaccinations and also a list of local providers of private travel services. We will also be happy to provide you with a list, as contained within your medical record that we hold, of your vaccination history.

We hope you have an enjoyable, healthy and trouble-free trip.

Drs Grunenberg, Murrie & Thomson

**Travel Advice & Planning**

The best place to start in your preparations for a trip abroad is to get advice on how you should prepare, including which vaccines you may need. The following websites provide high quality, up to date and reliable information to help you plan. Expert Travel advice can easily be found online or over the phone.

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| **Travel Advice** |
| [www.fitfortravel.scot.nhs.uk](http://www.fitfortravel.scot.nhs.uk) |
| <http://www.travax.nhs.uk> |
| [www.travelhealthpro.org.uk](http://www.travelhealthpro.org.uk) |
| <https://www.nhs.uk/conditions/travel-vaccinations> |

These websites will give you an indication of whether you require any vaccinations, or medication to protect you from Malaria. In many cases you will already have had vaccinations and we will be happy to provide you with a list of the vaccinations that are recorded in your medical record. If you require vaccination, then you can access this as detailed below. Some vaccines are not provided on the NHS so you will need to arrange for this through a Private Travel Clinic.

Please note that vaccinations for business travel are not available on the NHS and should be organised by the employer through a private clinic.

**We can give you a printout of immunisations from your electronic record, please ask at Reception.**

**Private Travel Clinics**

If you want a ‘one stop shop’ for all advice and vaccination you may visit a Private Travel Clinic. If you require vaccinations that are not provided by the NHS then you will need to attend a private travel clinic as these are not available at the GP surgery. Many patients choose to gain initial advice as well as vaccination at these clinics.

The following businesses offer private travel advice and vaccination. The list is not comprehensive but represents those that we are currently aware of. The list does not represent a recommendation to one provider over another.

Please note that these are Private providers so you will be charged by these businesses for their services.

|  |  |  |  |
| --- | --- | --- | --- |
| **Private Travel Health Clinics** | Provider | Telephone | Website |
| Masta Travel Health  Arbroath | 01241 878 645 | [www.masta-travel-health.com](http://www.masta-travel-health.com) |
| Superdrug  Wellgate Centre, Dundee | 0333 060 3388 |  |
| Boots Chemist |  | [www.boots.com/health-pharmacy-advice/travelhealth](http://www.boots.com/health-pharmacy-advice/travelhealth) |
| Davidsons Chemist  High Street, Forfar | 01307 462775 | <http://www.wdavidson.co.uk> |
| Lour Road Surgery | 01307 463122 | <http://www.lourroadgrouppractice.co.uk> |

You may be recommended to get vaccines provided on the NHS by these clinics. If that is the case, please request a prescription from us for the NHS vaccinations advised by the travel clinic. **Any other, non NHS, medication/vaccinations required must be sourced through the Private Travel Clinic.**

**NHS Vaccinations**

If you do require vaccinations that are provided by the NHS, you should then contact us at the surgery to make arrangements for vaccination. These vaccinations are detailed below.

Vaccination will be delivered by our practice nurse. Please ensure that you do this with plenty of notice to allow immunisations to be delivered and become effective before your trip. We recommend at least 8-12weeks ahead of your planned travel.

Please complete the Ravenswood NHS vaccination service request below and hand this to reception.

We will arrange a prescription for the required vaccines and ask the chemist to send them to us in the Practice. We will inform you when the vaccine is available and offer you an appointment for this.

|  |  |
| --- | --- |
| **NHS VACCINATIONS** | |
| Hepatitis A | Protects for 25 years – if you have 2 vaccines 6m -1 year apart  (if you are not sure you have had this a blood test can be done to check) |
| Typhoid: | Protects for 3 years |
| Diphtheria/Tetanus/Polio | Protects for 10 years (if you have received routine childhood vaccines) |
| Cholera | Advised to repeat after 6m-2 years depending on age group |
| Measles/Mumps/Rubella | Can be considered if travelling to high risk area and not fully protected |

**Private Vaccinations**

Many vaccinations and medications that are required for travel are not available as part of the NHS service. These vaccines and medications will be provided on a private basis and you will need to pay for these. Ravenswood Surgery does not provide private travel services. The providers detailed above will be able to help you with these requests.

The following are examples of vaccines that are not provided by the NHS for Travel.

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| **PRIVATE VACCINATIONS / MEDICATION** | |
| Hepatitis B | Japanese Encephalitis |
| Rabies | Meningitis |
| Tuberculosis | Tick-Borne Encephalitis |
| Yellow Fever | Malaria |



**NHS VACCINE REQUEST**

|  |  |
| --- | --- |
| **Name** |  |
|  |  |
| **Date of Birth** |  |
|  |  |
| **Contact Phone number** |  |

|  |  |
| --- | --- |
|  | **Please Tick** |
| I have accessed travel advice – independently or through a private clinic |  |
| I have received my past immunisation history as far as it is recorded in my notes. |  |
| I have checked and I need an NHS vaccination for my trip |  |
| I am requesting what I believe I require or was advised to have. |  |

**Please tick which vaccines you require below:**

|  |  |
| --- | --- |
|  | **Please tick** |
| **Hepatitis A:** course gives 25 years protection |  |
| **Typhoid:** every 3 years |  |
| **Polio/Diphtheria/Tetanus:** every 10 years |  |
| **Other (MMR-Cholera)** |  |

Please ensure you have left enough time before your trip to enable provision of your vaccines – we recommend a minimum of 8 weeks. Less notice than this may result in us being unable to provide you with the vaccines you request prior to your travel.

|  |  |
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| **Signed:** | **Date:** |

**The Practice does not provide complex travel advice or Non-NHS vaccinations / medication for travel.**