

PRE-TRAVEL HEALTH QUESTIONNAIRE

Drumnadrochit Medical Practice

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Travelling abroad can expose you to health risks different from those encountered at home. It is worthwhile for you to make an appointment with the doctor to discuss how you can stay healthy abroad, and if you need any special vaccination or prevention against diseases such as malaria. Ideally, this should be done at least 6 weeks prior to your intended date of departure. NHS Scotland's website at www.fitfortravel.scot.nhs.uk provides public access to useful travel health information.

Please complete this Questionnaire to help us research your specific requirement before you attend.

Today's Date:	
Name & Age:	
Date of Departure - Return Date or length of trip -	
Destination(s)	Duration of stay in each place:
1	
2	
3	
Nature of Trip e.g. business, package holiday, backpacking -	
Nature of Destination(s) e.g. urban, rural, high altitude -	
Type(s) of Accommodation e.g. hotel, hostel, camping -	
Do you have any current medical problem(s)?	
Are you currently taking any medication (including the contraceptive Pill)?	
Are you pregnant or planning pregnancy or breastfeeding?	
Do you have any allergy (e.g. to drugs, eggs, nuts, latex)?	
Do you have any specific health concern(s) about your trip?	
Have you ever had any of the following vaccinations/malaria tablets and if so when?	

Tetanus		Polio		Diphtheria	
Typhoid		Hepatitis A		Hepatitis B	
Meningitis		Yellow Fever		Influenza	
Rabies		Jap B Enceph		Tick borne	

Other vaccination
Malaria Tablets

PRE-TRAVEL ADVICE FOR DISEASE PREVENTION

GP:

Date:

VACCINE	Advised (√)	Available in dispensary (√)	Estimated date of availability
Diphtheria / Tetanus / Poliomyelitis (Revaxis – if age >10 years)			
Combined Hepatitis A & Typhoid (Hepatyrix – if age >15 years)			
Hepatitis A (Havrix Monodose – Junior if age 1-15 years)			
Typhoid (Typhim Vi – if age >1 year)			
Rabies (Rabipur, 3 doses – on Days 0, 7 & 21 or 28)			
Japanese B Encephalitis (3 doses)			
Meningococcal meningitis (ACWY Vax – if age >2 years)			
Hepatitis B (Engerix B – Paediatric if age <15 years) (3 doses – on Months 0, 1 & 6)			
Cholera (Dukoral – if age >6 years, 2 doses – on Days 0 & 7)			
Tuberculosis (BCG)			
Yellow Fever			
Other			
ANTI-MALARIA TABLETS	Advised (√)	Adult dosage	
Chloroquine (Avloclor PoM)		2 tablets once weekly; start 1 week before exposure & continue until 4 weeks after exposure.	
Proguanil (Paludrine)		2 tablets once daily; start 1 week before exposure & continue until 4 weeks after exposure.	
Mefloquine (Lariam PoM)		1 tablet once weekly; start 2 ½ weeks before exposure & continue until 4 weeks after exposure.	
Doxycycline (PoM)		100mg once daily; start 1 week before exposure & continue until 4 weeks after exposure.	
Proguanil + Atovaquone (Malarone PoM)		1 tablet once daily; start 1-2 days before exposure & continue until 7 days after exposure.	

When you attend, you will be given a **VACCINATION RECORD** booklet, in which your GP will detail your vaccination status, schedule and administration.

Please **keep this booklet** and **bring it with you** for each vaccination.