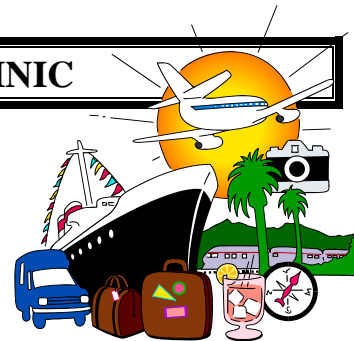


# THE VICTORIA PRACTICE TRAVEL CLINIC



For patients planning foreign travel for leisure purposes, the Victoria Practice offers medical services via the travel clinic.

Many diseases can be contracted from foreign travel and as more people travel abroad, especially to remote destinations, it is becoming common to see travel related illnesses presenting. Many of these infectious diseases can be avoided by taking simple preventative measures or with immunisation.

## PROCEDURE FOR TRAVEL CLINIC

1. FILL IN THE ACCOMPANYING FORM as fully as possible and return it to the Health Centre. (Please use one form for each family member travelling).
2. CONTACT THE VICTORIA PRACTICE AFTER 1 WEEK. Arrangements can be made to collect any prescriptions needed and to arrange an appointment at the travel clinic. (You may not require any prescription as some immunisations we have in stock – please check first.)
3. ATTEND YOUR CLINIC APPOINTMENT (with any medication prescribed) where the travel nurse will administer any immunisations and discuss relevant health issues relating to your travel.

## HOW CAN YOU HELP

It is especially important that we know your proposed accommodation and destinations within a particular country – and of any previous immunisations, which you have had outwith the Health Centre, which may not be in your current medical notes.

The distribution of various diseases around the world is constantly changing, and resistance to anti-malaria drugs is becoming troublesome in certain countries, so even if you have travelled to a particular country before and think you are already covered, please let us check for you. We have access via a computer link to TRAVAX which provides us with up to date travel information from the Travel medicine team of Health Protection Scotland. You can also access a comparable site designed for the traveling public at [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk).

## TIME SCALE

The earlier that you can tell us of your travel plans, the easier it is for us to help you. Some immunisations e.g. against hepatitis A take several weeks until they start to provide protection and some immunisations can not be given within 3 weeks of each other. Yellow fever has to be given at a designated yellow fever centre. Malaria prophylaxis usually needs to be started at least a week before travel. Please allow yourself enough time.

## CHARGES

Hepatitis A, Typhoid, Diphtheria, tetanus and polio are stocked by the surgery and will be administered without a charge. Certain vaccinations cannot be provided by the NHS and will require a private prescription which means you will pay the dispensing chemist for the cost of the vaccination. This includes anti-malaria drugs. Such vaccinations may also incur a charge by the surgery for administration of the immunisation.

**WE CANNOT PROVIDE TRAVEL ADVICE OR IMMUNISATIONS IF THEY ARE REQUIRED FOR WORKING ABROAD. THIS SHOULD BE ARRANGED THROUGH OCCUPATIONAL HEALTH OR PRIVATE TRAVEL CLINICS.**

# THE VICTORIA PRACTICE TRAVEL FORM

Please complete this page of information as accurately as possible.  
Use a separate form for each person.

Name ..... Age .....

Address .....  
..... Daytime telephone number .....

**ABOUT YOUR TRAVEL DESTINATION**

Which countries do you intend to visit? .....

If possible state exact location/town .....

How long do you intend to stay? .....

Intended departure date? .....

Will you ever be more than 24 hours from medical help? .....

Conditions under which you expect to live-

Please tick

Camping	<input type="checkbox"/>
Hostels	<input type="checkbox"/>
B&B/Hotel	<input type="checkbox"/>
Family Home	<input type="checkbox"/>
Other	<input type="checkbox"/>

**ABOUT YOUR HEALTH**

Have you ever had any of the following illnesses:

Please Tick?

Diabetes	<input type="checkbox"/>
Epilepsy	<input type="checkbox"/>
Mental Health Problems	<input type="checkbox"/>
Kidney Disease	<input type="checkbox"/>
Heart Disease	<input type="checkbox"/>
Liver Disease	<input type="checkbox"/>
Respiratory Problems	<input type="checkbox"/>
Blood Clots/Thrombosis	<input type="checkbox"/>

Is there any possibility that you could be pregnant? – If YES please tick box

Have you ever had any immunisations outwith The Victoria Practice which may not be in your medical records?

If yes please detail.....

**I confirm that my travel is for leisure purposes only and not related to work or business**

Signature of Patient ..... Date .....