



## **Travel Advice**

If you are planning to travel abroad at all then it is important that you consider making an appointment to discuss the health implications of your trip. Many immunisations which you may need for your stay could take several weeks to become fully effective and some require a course over a period of 4 weeks or more. Similarly most antimalarials need to be started well in advance of your trip. The sooner you come and see us the better.

Our trained Practice Nurse will advise you on the necessary immunisations and anti-malarial precautions, together with any other tips to make your stay healthy. Please print off our Travel form on page 2 of this document and bring it to your appointment with you.

Before your trip it is important that you gather as much information as possible. Below you will find links to some useful websites and we recommend that you take a look and download the relevant information as we cannot provide this in all cases.

This service is provided as an NHS service at present and is therefore at no cost to you, however some immunisations which you may require are chargeable and we do ask for payment in advance, so please bring adequate funds with you. We can accept payment in cash or by credit/debit card. Full details on the cost of vaccines are detailed below.

## **Travel Consultation Record**

Before attending your Travel Consultation appointment, please download the Travel Consultation Record available on our website which you will need to bring with you to your appointment.

If you have any questions regarding travel advice, please contact your usual surgery.