

Hillview Medical Centre

Travel Appointment Information

Many people choose to travel these days to all sorts of exotic places. Trips to far away destinations are increasingly popular and the cost plus faster transport, makes it feasible for many who were previously excluded from such activities. The number of different adventurous type trips are also on the increase. This is all good news, however, with such diversity, the risk of travel to your health is increased and this makes the appointment with the nurse more complex. For example, we need to know about your travel itinerary and any significant aspects of your health in the past. These are typical questions we will be asking:

- When are you departing and how long for?
- Where are you going including the destinations within a country?
- Are you planning on undertaking any high risk activities?
- Have you taken out travel insurance and have you informed the company if you have any medical condition?
- If female and of child bearing age, is there any possibility you could be pregnant if we needed to give you any injections?
- Do you have any medical conditions – these can interfere for example with the type of malaria tablets that can be chosen if you were travelling to a country that has malaria?

We need to perform a risk assessment before deciding which vaccines are recommended and the advice that will best address your needs. For this reason the appointment could take 20 minutes or even a little longer. Within this surgery we plan to give you the necessary injections within the appointment time to save you having to come back. These are good these days so if you do feel nervous, please try not to worry - people are always surprised at how easy the injections are and unlike experiences remembered from the past!

It would help us greatly if you had some awareness of the travel health problems that you may be of risk from on your trip before you come for your appointment. If you have use of the internet please go to www.fitfortravel.nhs.uk

and print off the pages of your destination to read.

We look forward to seeing you and helping you to travel safely.

Children

It is advisable to tell your children prior to an appointment that they will need injections. By doing this a lot of stress and anxiety can be reduced in both child and parent.

fitfortravel

Welcome to the fit for travel website

'Fitfortravel' is a public access website provided by the NHS (Scotland). It gives travel health information for people travelling abroad from the UK.

The website is compiled and updated by a team of experts from the Travel Medicine Division at the Scottish Centre for Infection and Environmental Health (SCIEH).

Using fit for travel

To access information on vaccine and malaria recommendations for your destination, click on either:

- the world map
- a region listed on the left-hand menu
- A to Z Index

Go to South America

Going abroad? Go [here](#) first! **PLEASE GIVE BLOOD**

For information on any recent changes including outbreaks either, click on Current News in the bottom left of the screen or find your destination, then click on **Extra Notes**.

For more general information and advice, click on the links at the foot of the page, then choose your topic (for example, if you would like information on travelling with children, click on **Special Travellers** then Children).

Any of the pages on the website can be printed off as factsheets.

Current News General Advice Malaria Prevention Special Travellers Further Information