

LIME TREE SURGERY TRAVEL CLINIC: PRE-TRAVEL ASSESSMENT FORM



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IMPORTANT NOTE: THIS FORM SHOULD BE FILLED IN AS ACCURATELY AND COMPLETELY AS POSSIBLE BEFORE ATTENDING THE CLINIC. OMISSIONS OR NON COMPLETED FORMS MAY MAKE IT IMPOSSIBLE FOR US TO ADVISE YOU CORRECTLY ON YOUR NEEDS. PLEASE PAY SPECIAL ATTENTION TO THE DATES & COUNTRIES TO BE VISITED.

NAME:

DATE OF BIRTH:

INTENDED DATE OF TRAVEL:

INTENDED DATE OF RETURN:

TOTAL LENGTH OF TRAVEL (DAYS):

DESTINATION: Give details of the countries you will be visiting, in the correct order, including any country you may be just passing through. Continue on a separate sheet if necessary.

COUNTRY TO BE VISITED	LENGTH OF STAY IN DAYS	TYPE OF ACCOMMODATION	TICK IF VISITING REMOTE AREAS AWAY FROM MEDICAL HELP

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DO YOU HAVE OR HAVE YOU EVER HAD ANY OF THE FOLLOWING?

Please Tick & State:

Allergies (e.g. eggs, antibiotics)?

A previous reaction to any vaccine?

Recent surgery?

Treatment with steroids?

Chemotherapy or Radiotherapy?

High blood pressure?

Women Only: Are you breastfeeding or planning pregnancy whilst traveling?

VACCINATION HISTORY

VACCINE	YES/NO	DATE
TETANUS		
POLIO		
DIPHTHERIA		
HEPATITIS A		
HEPATITIS B		
TYPHOID		
MENINGITIS		
RABIES		
YELLOW FEVER		
JAPANESE B ENCEPHALITIS		
TICK BORNE ENCEPHALITIS		
OTHER - PLEASE STATE		

MALARIA: List the name of any malaria tablets you have previously taken. If you cannot remember the name of the tablets it may be useful to list the country visited.

MALARIA TABLET TAKEN	DATES	COUNTRIES VISITED

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Please give any further information that you feel may be relevant

I have received travel information and advice on the risk and benefits of the vaccines recommended and have had the opportunity to ask questions.

I consent to the vaccines being given.

SIGNED:

DATE:

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Top Tips for Travelers

- 1) Allow plenty of time for a pre-travel consultation, book an appointment with your nurse/ doctor at least 6-8 weeks before you travel.
- 2) A dental check-up before you travel may prevent problems while you are away.
- 3) Take out adequate insurance for your destination and activities. A European Health Insurance Card (EHIC) entitles you to free or reduced rate medical care in most EU countries. You can apply for one free of charge online (www.dh.gov.uk), by phone (0845 606 2030), or by post using a form from the Post Office
- 4) Pack a first aid kit (a sterile kit of emergency equipment may be a good idea if you are going somewhere remote).
- 5) Find out about the place you are traveling, the Foreign and Commonwealth Office website www.FCO.gov.uk contains information and up to date advice on traveling abroad, including information about risks in specific countries
- 6) Be careful what you eat and drink.
- 7) Dehydration can be a problem, especially in hot countries – avoid over consumption of alcohol and drink plenty of purified water and fluids.
- 8) Do not drink, clean your teeth, wash salads or make ice from local water.
- 9) Always drink boiled, purified or bottled water - check the seal on the bottle.
- 10) Choose recently cooked hot foods, avoid food that has been kept warm such as open buffets, salads and uncooked or raw foods, particularly shellfish.
- 11) Remember "Boil it, cook it, peel it, or forget it!"
- 12) Be safe in the sun, avoid too much sun exposure, especially between 11am and 3pm and apply a high factor sunscreen.
- 13) Avoid insect bites, use insect repellents and take antihistamine tablets / cream to treat bites. Always follow the manufacturer's instructions.
- 14) Practice safe sex – always use a condom. Unprotected sex can lead to infections such as HIV or hepatitis B - ensure that you pack a supply of condoms as quality varies in different countries.