

## **Ruatahi Medical Centre**

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### **Travel Questionnaire**

Usual Doctor

Date of Completion

You have advised us of your intention to travel overseas and you require travel vaccines. To enable us to provide the best travel advice possible we need you to complete this form to the best of your knowledge and **return it to the office asap**. Your GP will then review this information and what vaccines are

considered necessary in order to keep you safe during your travels. **There will be an upfront charge of \$72.00 per person. Payable when the form is dropped off to cover this review by the GP.**

You will then need to book an appointment with your GP to discuss this. This is not a standard medical consultation therefore the cost will be an additional \$72.00 for each traveller.

Name:

DOB:

Address:

Telephone number: Home:

Cell:

Best way to contact you:

if email please provide email address and sign consent form for email with reception if not done so already.

### **Details Of Trip**

Date of departure:

Return date:

Countries visiting:

If more than one country please include how long you will spend in each country

**What is the purpose of your trip? (circle and comment as necessary)**

Holiday    Visiting friends and Family    Business    Other

**What type of activities are you likely to be doing on your trip?**

Hiking    Climbing    Scuba Diving    Cycling    Other

**What type of accommodation will you be using?**

Hotel/Motel    Camping    Family/Friends    Backpackers    Cruise    Other

**How will you be travelling?**

Bus    Car hire    Bicycle    Motorbike    Hitchhiking    Boat    Other

**Location type?**

Urban    Rural    Altitude (over 3000m/10,000 feet)

**Previous Travel Experience**

Did you have any travel concerns on previous trips?

Vaccination history

Have you completed your childhood vaccinations? Please give details if not at Ruatahi Medical Centre.

Have you had any travel vaccinations? If so please give details

Have you had malaria tablets previously? If so when

Past medical history and current health

Please list any ongoing medical conditions eg diabetes, heart or lung problems

Have you ever had a DVT/PE - blood clot in leg or lung?

Have you ever had any mental illness eg depression or anxiety?

Are you allergic to anything eg medications, foods, bee stings?

Have you ever had a reaction to a vaccination? If so which vaccination was it? What sort of reaction did you have?

Are you on regular medications? If so please give medications

Have you been unwell or in hospital over the last 4 weeks? Please list any new medications

## Woman Travellers

Are you pregnant or planning to conceive within 3 months of your return?

Are you breast feeding?

Are you on contraception?

Do you have travel insurance?

Do you have any questions?

## Travel Time Line

### 8 weeks before trip

Now is a good time to start thinking about your health on your trip. We have devised a questionnaire to make it easier for us to provide travel advice and we ask you to complete this initially. If you have chronic medical conditions or you are unwell currently it is a good idea to see your GP to check your health. You should ask your GP for a letter with your medical problems, medications and allergies.

This is a good time to have any vaccinations that are recommended and discuss malaria tablets if necessary. You may want to see the dentist if you are planning on being away for an extended period. Travel insurance is also essential.

### 2 weeks before trip

It is not too late for some vaccinations and malarial tablets can also be arranged. Again the travel questionnaire needs to be completed. If you can make sure reception is aware that your trip is very close that would be helpful.

You also have time to gather essentials for your trip eg first aid kit (see below)

### Some essentials for your trip:

**First aid kit-** plasters, gauze squares, bandages, non adherent dressings, antiseptic cream, tweezers, tape, safety pins, scissors, antiseptic wash or ointment

**Prevention/personal protection-** Plastic gloves, face mask, condoms

**Illness care-** Paracetamol or ibuprofen, thermometer, antacids

**Diarrhoea-** Anti diarrhoea tablets (older children/adults), oral rehydration powder (particularly good for children)

Mosquito repellent (DEET)

**Sun block** - at least SPF 15 preferably higher

**Bites:** antihistamines or other anti allergy medication

**Any regular medications you take**

**Travel insurance**

**Check got any necessary Travel Visas**

Photocopy/scan then email to yourself passport, travel documents, credit cards, driving licence

Below are the costs for the vaccines. These need to be paid prior to us ordering them as we don't stock travel vaccines.

**There will be a freight costs and one nurse fee per visit for administering these vaccines also.**

Boostrix or Adacel

\$48.00 per dose

**For Adults. Tet/Diph/Perussis**

Twinrix	\$107.00 per dose	Hep A/Hep B needs 3 or 4 - 0, 1, 6 months
Twinrix junior	\$60.00 per dose	Hep A/Hep B needs 3 or 4
Gardasil	\$255.00 per dose	HPV - needs 3 - 0, 2, 6 months
Havrix or Avaxim	\$100.00 per dose	Hep A - needs 2 - 0, 6-12 months
Havrix junior	\$59.00 per dose	needs 2
Engerix	\$42.00 per dose	Hep B - needs 3 - 0, 1, 6 months
Polio	\$85.00 per dose	Polio
Varilix /Varivax	\$94.00 per dose	Chickenpox - Up to 12yrs 1 dose, 13yrs+ 2 doses - 0, 6 weeks
Hepatyrix or Vivaxim	\$196.00 per dose	Hep A & Typhoid
Typherix or Typhim	\$88.00 per dose	Typhoid
Pneumovax	\$99.00 per dose	Free for Splenectomy Pts.
Mencevax / Menomune		Need to enquire
Menactra	\$140.00 per dose	
Oral Tyhoid (Vivotif)	\$95.00 per dose	Typhoid (3 capsules)
Zostavax	\$237.00 per dose	Shingles Adults only
Dukoral	\$76.00 per dose	Cholera. 2 doses
Adacel Polio	\$99.00 per dose	Tetanus/Diphth/Pertussis/Polio
Rabies	\$161.00 per dose	Verorab. 3 doses
Malarone	\$3-\$8 ea	Malaria - depending on dosage
Jespect	\$186.00 per dose	Japanese Encephalitis. 2 doses
Neisvac - C	\$78.00	Meningoccal C
Prevenaar	\$258.00	PCV 13
Bexsero	\$150.00	Meningoccal B