



Planning to travel overseas? What travel health advice do you need?

Who is the leaflet intended for?

If you are travelling overseas it is highly recommended that you seek advice about your health for the trip abroad. Such advice can be provided from a variety of settings including:

- Your GP surgery (usually the care is given by the Practice Nurse)
- A private travel clinic
- A pharmacy which provides a travel service
- Your occupational health department, if this is a trip for work purposes

What care should you expect within the appointment?

You should consult a practitioner who is trained in travel medicine.

You should expect the travel health adviser to carry out a pre-travel risk assessment in which they will check:

- Your previous and current health status
- Your previous vaccination history and in particular, if you have had any travel vaccines before
- Your detailed travel plans

Following this assessment, you should expect the travel health adviser to discuss:

- The risks to your health from this trip abroad and appropriate advice to help protect you on the trip
- The travel vaccinations which may be recommended
- Malaria prevention advice if this is appropriate for your destination
- The importance of travel insurance

- Further resources which may help you to research the advice further
- Details of other travel health service providers if not all care is available from that adviser (for example yellow fever vaccine / high altitude travel advice etc.)

Note: It would be typical for such an appointment to take a minimum of 20 minutes.

How can you recognise a good service?

Ask if the provider follows the guidance 'Good Practice for Providing a Travel Medicine Service' as published by the Royal College of Physicians and Surgeons of Glasgow. Some private travel clinics may be regulated, and you could check the status of their most recent inspection.

Who was the leaflet written by?

The Faculty of Travel Medicine of the Royal College of Physicians and Surgeons of Glasgow. The Faculty is comprised of doctors, nurses and pharmacists who have expertise in travel medicine practice. They set standards and provide education to improve the quality of practitioners advising travellers, to protect your health.

Have a safe and healthy trip!

For more information, please visit
rcpsg.ac.uk/travel-medicine



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PHYSICIANS AND
SURGEONS OF GLASGOW
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