

# The Pre-travel consultation

## Assessment

**Anticipated Itinerary** - where are they going, what are they doing, when are they doing it?

**Full Medical History** - including vaccination records, medications, allergies, and medical conditions

- Previous use of antimalarials and any adverse effects
- Pregnancy status and birth control methods, if applicable

## Behavioural Precautions

**Food and Water** - always wash hands before eating, avoid tap water, ice, raw foods and unpasteurized dairy

**Vector avoidance** - avoid outdoor exposure at dusk and dawn, long-sleeved light-coloured clothing, using insect repellent (DEET recommended) and mosquito nets

**Animal avoidance** - warn about risks of bites and scratches, including rabies

**Traffic accidents** - highest cause of death overseas, avoid driving and night and drinking and driving

**STIs** - caution about sexual contacts, especially in areas with high prevalence of HIV, HepB and other STIs

## Vaccines and prophylaxis

### Immunizations

- Routine prevention - all those on national schedule including influenza
- Required for travel - hepatitis A, yellow fever, typhoid, rabies, Japanese encephalitis, cholera, monkeypox
- [wwwnc.cdc.gov/travel/destinations/list](http://wwwnc.cdc.gov/travel/destinations/list) for country-specific information

### Malaria prophylaxis

- Atovaquone + proguanil, doxycycline or mefloquine

### Travellers' diarrhoea

- Young travellers are at highest risk. Rehydration is the best supportive treatment. Antibiotics may be indicated.

## Other precautions

**Air Travel** - advise regular movement to avoid VTE, patients with severe cardiopulmonary disease may not be suitable for air travel, and those with URTIs may use nasal decongestants to avoid ear barotrauma

**Pregnancy** - international travel after 37 weeks gestation is not recommended, individual airline restrictions may apply. Avoid travel to Central and South America due to risk of zika virus infection

**Diabetes Mellitus** - insulin, syringes and snacks should be carried in carry-on bags

**High Altitude** - slow ascent and descent is advised, acetazolamide may be used to reduce symptoms. Advisable to carry emergency medical supplies when hiking