

PREGNANCY AND FLYING

- Check your travel insurance provides cover for pregnancy.
- Contact the airline to confirm they will accept you on the flight. Some airlines will not take you after a certain date in pregnancy.
- Ask the airline if a doctor's 'fit to travel' note is required.



DEEP VEIN THROMBOSIS

On long haul flights where immobility of the lower legs for long periods is common, clots may form in the deep vein of the legs. This can lead to swollen legs and clots entering the lung giving breathlessness known as a pulmonary embolism. Good quality support below knee stockings are available from pharmacies.

Avoid dehydration with alcohol.

Aspirin is **NOT** recommended.

In severe cases please consult your doctor.

Website address listed at end of leaflet for calculator.

AIRPORT SECURITY MEASURES

Patients who require the use of hypodermic syringes for medical reasons (diabetes, allergies etc) will be required to provide a doctor's letter on headed paper stating the exact prescription of the drug and the medical condition for its requirement. (There may be a charge for this.) Needles should not exceed one inch in length.



USEFUL CONTACTS

Travel vaccinations are available at:

TRAVEL CLINIC AT DOCTORNOW

The Old Barn, Mulberry Court, Windsor End, Beaconsfield, HP9 2JJ
Tel: 01494 685753 or 410888

Mon - Fri 08.00 – 20.00
Saturday 09.00 – 13.00

www.doctornow.org

THE LANES PRACTICE

Plough Lane, Stoke Poges, SL2 4JW
Tel: 01753 662243

Mon - Thu 09.30 – 18.00
Friday 09.30 – 17.00

WEBSITES

www.masta-travel-health.com

www.fitfortravel.scot.nhs.uk

www.malariahotspots.co.uk

www.travel-medicine.info
(DVT information and calculator)

www.fco.gov.uk/travel

Foreign and Commonwealth Office site

www.dh.gov.uk

Department of Health site

Highfield Surgery

Highfield Way

Hazlemere

HIGH WYCOMBE

HP15 7UW

Phone: 01494 813396 / 813496

Fax: 01494 814107

Web: www.highfieldsurgeryhazlemere.co.uk

HIGHFIELD SURGERY

TRAVEL ADVICE FOR PATIENTS



Dr Jill Deacon

Dr Martin Davis

Dr Lena Poulton

Dr Sarah Rapsey

BEFORE YOU TRAVEL ABROAD

Contact the surgery at least 8 weeks before you intend to travel to find out what immunisations you need. If you are travelling to a malarial region you will have to start medication one week before you go. If you suffer any adverse reaction to this, seek medical advice before stopping or changing your medication. Go to the dentist and have any necessary treatment completed.

**PLEASE NOTE:
INADEQUATE TRAVEL
PROTECTION MAY INVALIDATE
YOUR TRAVEL INSURANCE.**

WHILE YOU ARE ABROAD

Care in what you eat and drink is vital. Avoid drinking the local water unless you know it is safe. Use bottled water and check that it is sealed; if the seal is broken or the bottle is corked, do not drink the water. Avoid ice cubes, lollipops and drinks that have had water added. If bottled water is unavailable, the simplest way to purify water is to boil it very vigorously for 5 minutes. Iodine purifies water effectively, but follow the instructions carefully as too much iodine can be harmful. Wash salads, fruits and vegetables in purified water and make sure they are freshly prepared or peeled.

Food should be freshly and thoroughly cooked, particularly shellfish which should be boiled vigorously for at least 10 minutes or avoided altogether.



EVERYDAY HEALTH WHEN ABROAD

Take your medication as instructed by your doctor. Avoid climatic extremes. Keep out of the sun between 11 a.m. and 3 p.m. in hot climates and drink plenty of fluid (not alcohol). Avoid insect bites by using insect repellent and wearing long-sleeved shirts and trousers after dark. At night use anti-mosquito devices (some you plug into a socket and others you burn) and a mosquito net.

WHEN YOU GET BACK

If you are taking malaria tablets take them for four weeks after you return (see our Malaria Patient Advice Sheet). If you have been to a tropical area for a long time arrange a check-up through your doctor. If you develop fever, a flu-like illness, diarrhoea or any other unusual symptoms within four weeks of your return to the UK, contact your doctor immediately.

CHECKLIST OF IMPORTANT ITEMS TO TAKE WITH YOU

- Anti-malarial tablets if required.
- Aspirin or Paracetamol for pain and fever.
- Antihistamines for colds and allergies, insect bites or stings, and for motion sickness.
- Calamine lotion for bites, stings and sunburn.
- Anti-diarrhoeals, such as kaolin preparations.
- Fluid replacement powders in case of diarrhoea and vomiting.
- Antiseptic ointment or antibiotic powder for cuts and grazes.
- Bandages and plasters.
- Insect repellent cream or spray.
- Sunscreens and after sun cream

- Travellers' sterile medical kit (containing syringes, needles, stitches and dressings, which are available from MASTA (see useful contacts) for countries with poor medical hygiene.
- If you are on medication take an adequate supply. If possible take a copy of your prescription and ask your doctor to state both the generic and brand name of your medication.
- If you wear glasses or contact lenses take a spare pair together with your prescription.
- EHIC (European Health Insurance Card) – for free or reduced cost emergency medical treatment in most European countries. Apply online at www.dh.gov.uk/travellers, or pick up an EHIC application form from the Post Office.

HELP YOURSELF

- If you are on any medication make sure you request enough supplies to cover the holiday period.
- Only drink bottled water with a sealed lid or water that you have purified.
- Avoid ice cubes, drinks with added water and salads; peel or cook thoroughly any food you eat.
- Use bottled water when cleaning your teeth.
- Avoid unprotected sex by using condoms

FURTHER READING

- Travellers' Health—How to stay Healthy Abroad; Richard Dawood Oxford University Press
- Travel with Children; Maureen Wheeler Lonely Planet Publications
- Health Advice for Travellers Department of Health leaflet T7.1 May 2006