

# Travel medicines

Patient information: medicines



## What is this leaflet about?

The chance to travel for a holiday or for work is important for people with kidney disease, just like everyone else. But people with kidney disease need to make sure that the travel medicines are right for them. This leaflet gives more information about your travel medicines.

For more information, ask your doctor or pharmacist.





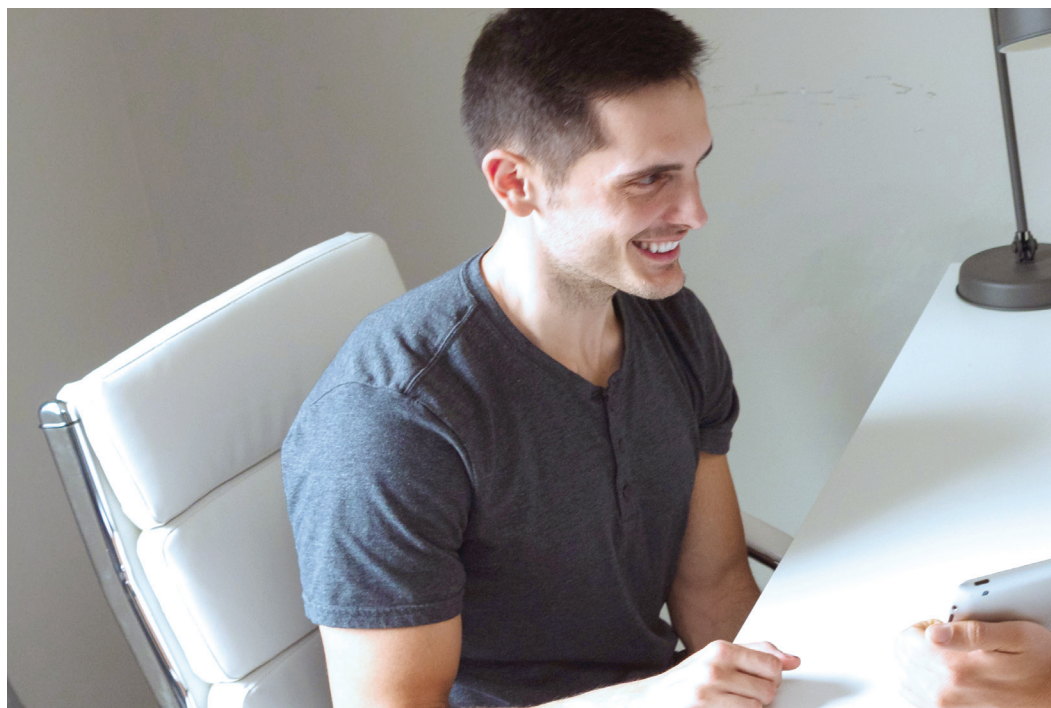
## Can I have vaccinations?

**Up-to-date information on which vaccines are needed to travel to different areas is available from your GP practice or local pharmacy travel clinic.**

Make an appointment well in advance as it can take several weeks to get an appointment, which may be too late to ensure safe travel for your holiday.

If you are on immunosuppressant drugs after a kidney transplant, or to treat an autoimmune disease (for example, vasculitis), it is not safe for you to receive certain holiday vaccines, called 'live' vaccines.

**Check the list on the next page to see if the vaccinations you have been advised to receive before your holiday are safe for you.**



✓ Vaccines which are <b>SAFE</b> to receive	⊘ 'Live' vaccines that you <b>MUST NOT</b> receive
Diphtheria	BCG
Hepatitis A	Measles, mumps and rubella
Hepatitis B	Oral polio
Immunoglobulins	Oral typhoid
Influenza (flu) injection	Influenza (flu) nasal spray (only licensed for under 18s)
Meningococcus	Yellow fever
Pertussis	Rubella
Inactivated polio injection (special order only)	Chickenpox
Pneumococcal	
Rabies	
Tetanus	
Typhoid injection	





## What about Covid-19?

Speak to your doctor about the risk from Covid-19 in the country you are travelling to.

Rules regarding testing and quarantine may be in place. There may also be rules on the number of vaccination doses you have received and how you can show your vaccination status. For up-to-date information about Covid-19 visit:

[www.kidneycareuk.org/coronavirus-travel](http://www.kidneycareuk.org/coronavirus-travel)



## Can I take malaria prevention medicines?

Before you travel, it is always best to check with your GP, practice nurse or specialist travel health centre if you need tablets to prevent malaria (malaria prophylaxis), as any tablets recommended will vary depending on the country you are visiting.

Some malaria medicines can interact (cause problems) with other medicines. If you have kidney disease, your type and doses of malaria tablets may differ from other travellers.

You should always check with your kidney doctor, nurse or pharmacist if you are not sure what dose to take.

## Malaria prevention medications

### The following advice applies to adults only

- **Chloroquine:** 300mg once a week. You will need to take your tablets for one week before travel, while away and for four weeks after returning. The dose may need to be reduced if you are on dialysis.
- **Proguanil:** the dose will need to be altered depending on your kidney function. Your kidney team can tell you what your dose should be. You will need to take your tablets for one week before travel, while away and for four weeks after returning.

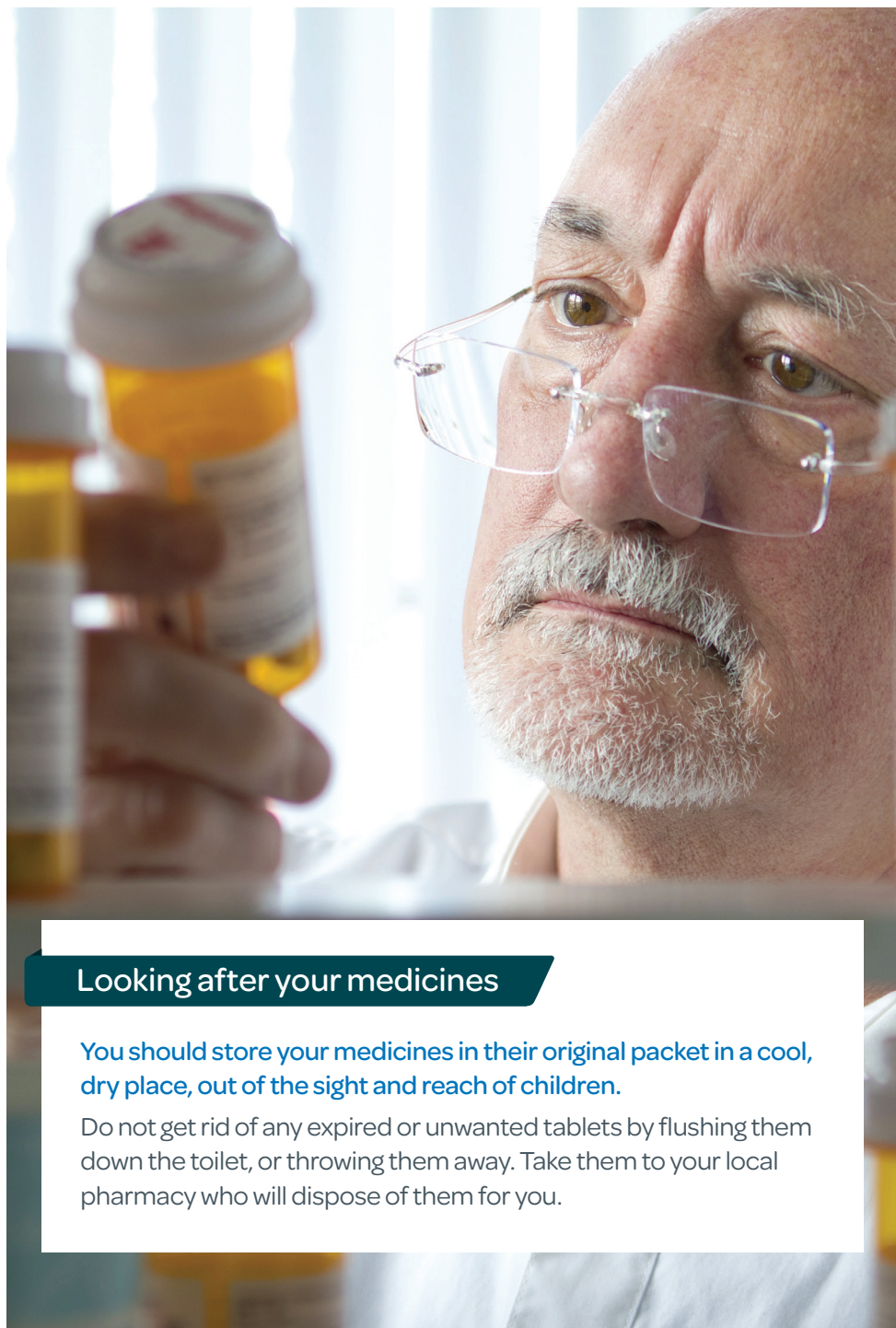
*Chloroquine and Proguanil are available without a prescription from a pharmacy.*

- **Atovaquone/Proguanil:** can be taken if your kidney function is above 30ml/min so check with your kidney team whether it is safe for you to take this. You will need to take your tablets for one or two days before travel, while away and for seven days after returning. Take with food.
- **Doxycycline:** 100mg daily for one or two days before travel, while away and for four weeks after returning.
- **Mefloquine:** one tablet once a week. You will need to take your tablets starting three weeks before travel, while away and for four weeks after returning.

*Atovaquone/Proguanil, doxycycline and mefloquine can only be obtained on a private prescription (even if you normally don't pay for your prescriptions), but your GP can usually prescribe them for you.*

*The price you pay for your private prescription may vary, so it may be worth shopping around for the best price.*

**The above is for guidance only. Patients are advised to seek further information from their own doctor.**



## Looking after your medicines

You should store your medicines in their original packet in a cool, dry place, out of the sight and reach of children.

Do not get rid of any expired or unwanted tablets by flushing them down the toilet, or throwing them away. Take them to your local pharmacy who will dispose of them for you.

# Where can I find out more information?

- **Fit for Travel** - [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)
- **NHS Medicines A to Z** - [www.nhs.uk/medicines](http://www.nhs.uk/medicines)
- **Kidney Care UK** travel hub - [www.kidneycareuk.org/travel-hub](http://www.kidneycareuk.org/travel-hub)
- **Travel insurance advice** - [www.kidneycareuk.org/travel-insurance](http://www.kidneycareuk.org/travel-insurance)

## Contact us to see how we can support you

Call free on  
**0808 801 00 00**

(Monday to Friday, 9am-5pm)

[support@kidneycareuk.org](mailto:support@kidneycareuk.org)

[www.kidneycareuk.org](http://www.kidneycareuk.org)



If you have feedback about this leaflet, please let us know at: **[feedback@kidneycareuk.org](mailto:feedback@kidneycareuk.org)**

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