

Holidays Medical Electives & Travels



Vaccinations

Complete our online form to be assessed as to whether you need travel vaccinations:
<https://bit.ly/TravelVac>

Private travel advice is available at many providers eg:

Boots (Drake Circus)
[boots.com/](https://www.boots.com/)

MASTA
masta-travel-health.com/

They will provide any non-NHS vaccines. They may signpost you back to us for vaccines that are available on the NHS if they assess they are required.

Government travel advice

gov.uk/foreign-travel-advice



Medical forms

If you need a health form to be completed then please email it to us. We will review & let you know whether it's covered by the NHS or not. If it's not NHS work then we will let you know the cost.

Travelling with medication

Check the rules for all the countries you're going to, including countries that you're just passing through. Please only request a letter from us if it's required by the Country or your airline

Make sure you take enough supplies for the whole of your trip and include extra for unexpected delays, damage or loss.

Keep your medicines & equipment in the original packaging with labels & information leaflet.



Fear of flying

Medication is no longer advised for fear of flying for your safety.

Sedatives can have the opposite effect at altitude & cause significant agitation. In some cases this has included violence requiring emergency landing. The massive cost of this may not be covered by your insurance. They also increase your risk of DVT & reduce your ability to respond in the event of an emergency

Advice: bit.ly/travel-flying

Health Abroad

Make sure you have insurance to cover health emergencies & know how to access local healthcare services.

UK Drs can only provide medical support & advice if you are physically in the UK. We can only send prescriptions within England



Peverell Park Surgery: administration.peverellpark@nhs.net
University Medical Centre: administration.umcpeverell@nhs.net



peverellparksurgery.com/
v3. 01/07/2025