

**AYAM**  
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**Travel Visit Checklist**

Today's date: \_\_\_\_\_ Name: \_\_\_\_\_ Age: \_\_\_\_\_

Destination: \_\_\_\_\_ Dates of Travel: \_\_\_\_\_

**In preparation for your up-coming trip, we reviewed any significant past or current medical issues, allergies, medications, and physical exam findings:**

Medical issues: \_\_\_\_\_ LMP \_\_\_\_\_

Allergies: (egg, latex?) \_\_\_\_\_ Medications: \_\_\_\_\_

Weight: \_\_\_\_\_ BP: \_\_\_\_\_ Pulse: \_\_\_\_\_

**We also reviewed the CDC website: [www.cdc.gov/travel](http://www.cdc.gov/travel). For your destination, the following travel immunizations are recommended/given:**

\_\_\_\_\_ Typhoid (injection or oral) \_\_\_\_\_

\_\_\_\_\_ Hepatitis A (2-doses 6-12 mo. apart) \_\_\_\_\_

\_\_\_\_\_ Polio booster (if > 18 yrs) \_\_\_\_\_

\_\_\_\_\_ Rabies series (3 doses) \_\_\_\_\_

\_\_\_\_\_ Japanese encephalitis (2 or 3 doses) \_\_\_\_\_

\_\_\_\_\_ Yellow fever \_\_\_\_\_

\_\_\_\_\_ Updated Tdap, MMR, Hep B, **Influenza** (seasonal incl. H1N1) \_\_\_\_\_

**For Malaria prevention you received a prescription for: \_\_\_\_\_ # \_\_\_\_\_**

To be taken as follows:

**Malarone:** 1 tab **DAILY** starting 2 days before arrival in risk area, while in risk area, and for 7 days after leaving risk area.

**Chloroquine:** 1 tab **WEEKLY** starting one week before arrival in risk area, while in risk area and for 4 weeks after leaving risk area.

**Precautions/side effects:** \_\_\_\_\_

**For “travelers’ diarrhea” we discussed the following:**

For **mild** diarrhea: Loperamide (*Imodium*, available over-the-counter); start with 4 mg (2 tabs), followed by 2 mg (1 tab) after each loose stool; maximum 8-12 mg (4-6 tabs) per day.

For **moderate or severe** diarrhea:

You have been prescribed:\_\_\_\_\_

**To be taken as follows:** Start antibiotic plus Loperamide *immediately* and stop both medications when you have had no diarrhea/cramps for about one day.

Be sure to drink lots (2-3 quarts per day) of clear fluids (soda, juice, sports drinks or oral rehydration solutions, if available). Avoid dairy products. Have salty crackers and clear soups, and small amounts of bland foods (banana, apple, rice, toast, noodle soup).

If the diarrhea is frequent (more than 3-4X/day) or persistent (>48 hrs) or in large quantity; if it contains blood or significant amounts of mucous; if you are vomiting, feel weak or dizzy, and/or have fever, you should consult a physician.

\*\*\*\*\*

**We advise you to take along a small supply of over-the-counter medications,** including: acetaminophen (Tylenol), ibuprofen (Advil, Motrin), Benadryl, hydrocortisone cream, oral and nasal decongestant, lozenges, Gaviscon (chewable antacid), colace (stool softener if constipated); as well as a small first aid kit with bandaids, betadine pads and topical antibacterial ointment (such as Bacitracin).;

**Please consult the CDC website for your specific destination** for additional advice regarding: **insect precautions, food and water safety, accident prevention, various other health and safety matters, and: altitude precautions:**

\_\_\_\_\_

**Plan Summary:**

Given today: Immunizations:\_\_\_\_\_

International Yellow Fever Certificate (good for 10 years):\_\_\_\_\_

Prescriptions:\_\_\_\_\_

\_\_\_\_\_

Return:

\_\_\_\_\_

**BON VOYAGE!!!**

Dr. \_\_\_\_\_