



TRAVEL MEDICATIONS & VACCINATIONS



MOTION SICKNESS

Cause

Inner ear disturbance caused by prolonged travelling by car, boat, train or plane.

How to prevent it?

- Minimize movement, sit in the front of a car or in the middle of a boat
- Look straight ahead at a fixed point
- Inhale fresh air if possible
- Abstain from reading or playing handheld games

What should I pack?

1. Antihistamines

Helps to reduce nausea, vomiting, dizziness (causes drowsiness)



E.g. Cinnarizine, Dimenhydrinate

2. Ginger Supplements



May help to reduce stomach discomfort and nausea

TRAVELLER'S DIARRHEA



Cause

When a person ingests food or water contaminated with microorganism as a result of poor food handling practices

How to prevent it?

- Avoid food vendors that appear unhygienic (eg raw food mixed with cooked food)
- Be cautious of food that are left uncovered or exposed for a long time (buffet) or not properly refrigerated
- If the tap water is potable, it is best to boil it first or opt for treated or bottled water instead

What should I pack?

1. **Antidiarrheals:** Slows down gut movement (ie frequency and wateriness of stool) E.g. Loperamide, Diphenoxylate/ Atropine (causes drowsiness)
2. **Adsorbents:** Binds to toxins E.g. Activated charcoal
3. **Oral rehydration salts:** Help to replenish fluids and electrolytes lost

MALARIA

Cause

Infection by a mosquito parasite.

How to prevent it?

Bite prevention



- Minimise going outdoors or wear long-sleeved tops and full-length bottoms during dusk and dawn
- Use mosquito repellants that contain DEET, Picaridin, Lemon Eucalyptus Oil or IR3535
- Use mosquito bed nets or screens on window and doors

Prophylaxis

- Medications to prevent malaria differ by country or region
- They are not 100% protective and must be combined with protective measures
- Seek advice from your doctor or pharmacist to decide on the most appropriate medication



CONSTIPATION

Cause

Alterations in diet or routine, stress or inaccessibility to toilets.

How to prevent it?



- Ensure sufficient intake of fluids (at least 1.5L) and fibre (25g) daily

- Regular exercise
- Go to the bathroom when the urge comes



What should I pack?

Laxatives that:



- Stimulate gut movement: *Sennosides, Bisacodyl*

- Soften stool: *Lactulose*

- Form soft, bulky: *Ispaghula husk*

