We have specially-trained pharmacists who provide:

A free personalised risk assessment - to help you understand which vaccinations are right for you

Travel health advice - to help you stay healthy on your trip

Medical Advisory Service for Travellers Abroad
http://www.masta-travel-health.com/

The National Kidney Federation cannot accept responsibility for information provided. The above is for guidance only. Patients are advised to seek further information from their own doctor.

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Holiday/Travel Vaccinations

If you have received a renal transplant and are taking drugs to prevent your body from rejecting your kidney. These immunosuppressant drugs make it unsafe for you to receive certain holiday vaccines.

Check the following lists to see if the vaccinations you have been advised to receive before your holiday are safe for you!!!

The following applies to adults only:

Vaccines which are SAFE to receive (unless you have reacted badly to a previous jab or have a significant egg allergy) include:

- Diptheria
- Hepatitis A
- Hepatitis B
- Immunoglobulins
- Influenza
- Meningococcus
- Pertussis
- Inactivated Polio injection ('special order only')
- Pneumococcal
- Rabies
- Tetanus
- Typhoid injection

Malaria Prophylaxis

It is always best to check with your GP, practice nurse or specialist travel health centre before you travel as the tablets recommended will vary depending on the country you are visiting.

If you have kidney disease, the doses of malaria tablets you will need may differ from other travellers.

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

Chloroquine: 300mg (as base) once a week. You will need to take your tablets for one week before travel, whilst away, and 4 weeks after returning. The dose may need to be reduced if you are on dialysis or have a creatinine clearance under 10mls/min.

Proguanil: adjust dose according to renal function (see table below). Your renal team will be able to tell you what your creatinine clearance is and can check the dose for you. You will need to take your tablets for one week before travel, whilst away, and four weeks after returning.

<table>
<thead>
<tr>
<th>Creatinine Clearance</th>
<th>Dose</th>
</tr>
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<tbody>
<tr>
<td>&gt;60</td>
<td>200mg daily</td>
</tr>
<tr>
<td>20 - 59</td>
<td>100mg daily</td>
</tr>
<tr>
<td>10 - 19</td>
<td>50mg alternate days</td>
</tr>
<tr>
<td>&lt;10</td>
<td>50mg once a week</td>
</tr>
</tbody>
</table>

Atovaquone/Proguanil can be taken if your renal function is above 30mls/min. Your renal team will be able to tell you what your creatinine clearance is and can check the dose for you. You will need to take your tablets for one or two days before travel, whilst away and for seven days after returning.

Doxycycline: 100mg daily for one or two days before travel, whilst 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, whilst away and four weeks after returning.

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

Up to date information on which vaccines are needed to travel to different areas is available from your Doctor or local Pharmacy.