

## Patient and Family Information

### Travellers' Health and Vaccination Clinic (THVC)

#### National University Hospital

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### For Adults and Children

**Outpatient Procedure Centre/OPAT  
NUH Medical Centre, Level 3**

**Operating hours:**  
Mon, Wed and Thurs: 2pm to 5pm  
**(Strictly by appointment only)**

**Contact details:**  
(65) 6772 8600 (8.30am to 5.30pm)  
Email: [travel@nuhs.edu.sg](mailto:travel@nuhs.edu.sg)

## Travellers' Health and Vaccination Clinic (THVC)

The NUH Travellers' Health and Vaccination Clinic (THVC) provides pre-travel health counselling for **both adults and children** on recommended immunizations and medications required for overseas travel.

You will receive a consultation by an Infectious Diseases specialist, and the vaccine administration and/or blood tests by a nurse if required.

You will be observed for 20 minutes after the vaccination to monitor for immediate reactions. A certificate of vaccination will be given before leaving the clinic. Further follow-up appointments for booster doses will be arranged, if required.

You should aim to make an appointment four to six weeks before your trip, to allow time to complete all the vaccination courses. Please bring along any previous vaccination records you may have during your clinic appointment.

### Our Services

- Pre-travel immunizations
- Prescription of medications for the prevention of malaria, standby treatment for travel-associated diarrhea and prevention of altitude sickness
- Condition-specific health advice for travellers with special circumstances (pregnant women, the elderly or immunocompromised individuals)
- Vaccination and screening for university and occupational related requirements
- Routine vaccinations for non-travellers who may have missed out on their childhood or adult vaccinations

## Vaccinations Available

- Cholera (*Dukoral*)
- Dengue *\*(Dengvaxia)*
- Haemophilus influenzae type B
- Hepatitis A (*Havrix*)
- Hepatitis B (*Engerix-B*)
- Hepatitis A and Hepatitis B, Recombinant (*Twinrix*)
- Human Papilloma Virus 9-valent (*Gardasil 9*)
- Influenza Quadrivalent
- Japanese Encephalitis (*Ixiaro*) or (*Imojev\**)
- Measles, Mumps, Rubella \*
- Measles, Mumps, Rubella and Varicella Combined \*
- Meningococcal conjugate (*Menactra/ Nimerix*)
- Pneumococcal conjugate (*PCV13 or PCV20*)
- Pneumococcal polysaccharide (*Pneumovax 23*)
- Polio (*EIPV*)
- Rabies (*RabiPur*)
- Recombinant Zoster (*Shingrix*)
- Tetanus, diphtheria, pertussis (*Boostrix*)
- Tick-borne Encephalitis
- Typhoid
- Varicella\*
- Yellow Fever\* (Stamaril)

*\*Live-attenuated virus vaccine*

**NOTE: Vaccination may be subject to change based on availability**

## Post-Vaccination Advice

- Common side effects include pain, swelling, redness or a small hard lump at the injection site.
- Other common side effects include dizziness, lethargy, fever  $\leq 38^{\circ}\text{C}$ , mild headache, or muscle aches. These usually resolve after 3 to 5 days.
- Please seek medical attention immediately if you develop any shortness of breath, rash, swollen eyes/face/lips or persistent fever above  $38^{\circ}\text{C}$  after vaccination.
- Female patients must avoid pregnancy or breastfeeding for four weeks following any **live-attenuated virus vaccine (see above)**.
- Complete all the required doses as scheduled **at least 2 weeks prior to travel** so that you are fully protected against the infection for which you have been vaccinated.