

Prepared for wherever you're going.

Personal travel advice, vaccinations and preventive medicines tailored to your destination, itinerary and health needs.

Most travel-related illness is preventable. Book a consultation before you go and leave with the right advice, vaccines and medicines for where you're going.

Care for every kind of traveller

Visiting friends & family

Going 'home' to see relatives can carry higher risks of malaria, typhoid and hepatitis. Don't skip the travel consult.

Families with children

Vaccines and advice tailored safely for every age.

Business travellers

Fast, focused preparation for frequent or last-minute trips.

Adventure & backpackers

Extra planning for longer, rural or off-grid trips.

Hajj & Umrah

Meningitis ACWY and crowd-related health advice.

Older travellers

Travel advice that takes existing health needs into account.

Pre-travel consultations

Personalised risk assessment

A comprehensive review of your destination, itinerary, health and vaccination history.

On-site vaccinations

Same-day vaccination

Vaccinations available on site, subject to availability.

Check your regular medicines

Some routinely prescribed medicines, including some ADHD medications, may be restricted or prohibited overseas.

Book a travel health consultation before you go to check whether your medicines are permitted at your destination and whether you need supporting documentation.

SEE US 4-6 WEEKS BEFORE TRAVEL

The earlier you come in, the more time we have to recommend and complete any vaccinations or preventive medicines you may need.

Some vaccines need time to take effect or may require more than one dose.



Led by Pratik Parikh Nurse Practitioner

Pratik has experience across primary and acute care, with a scope of practice across the life span. He speaks English, Hindi, Gujarati and Punjabi, helping make your travel health advice clear and accessible.

Travel health made personal



Travel vaccinations

Subject to availability

Typhoid

Hepatitis A & B

Rabies

Meningitis ACWY

Cholera

Japanese encephalitis

Routine boosters

Yellow fever from 2027

We'll also check that your routine vaccinations, including tetanus, MMR and polio, are up to date.

Preventive medicines

Prescriptions for your trip

Preventive medicines and advice tailored to your destination and plans.

Depending on your destination and itinerary, we can advise on:

Malaria prevention

Altitude sickness

Travellers' diarrhoea

Motion sickness

Your consultation includes

- ✓ Comprehensive review of your itinerary, health and vaccine history
- ✓ Destination-specific health advice based on where you're travelling
- ✓ Advice on food, water and insect-bite precautions
- ✓ Written summaries and certificates where needed

Ready for your trip?

Complete the **pre-travel questionnaire** before your appointment so we can prepare. Ask at reception or visit our website to book a Travel Clinic appointment.

Bring with you

Your itinerary & travel dates

Immunisation records

Yellow-fever certificate, if you have one

**Call now on
09 538 0083 to
book an appointment**

Open 6 days a week

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Howick, Auckland 2014
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