

MALARIA PROPHYLAXIS & TRAVEL HEALTH ADVICE

*This guidance does NOT apply to the TREATMENT of malaria.
Anti-malarial drugs cannot be prescribed on the NHS for the prophylaxis of malaria.*

Introduction

- Guidance by Department of Health (1995) suggests Malaria chemoprophylaxis should be provided on a **private prescription** or purchased from a Pharmacy.
- This prescribing can also be done by a Travel Clinic.

Advice

- Advice and information on which malaria prevention medicines are necessary or recommended for your patients depending on the area they will be visiting is available from:
 - Travel Health Pro: <https://travelhealthpro.org.uk/countries>
 - Fit for Travel: <https://www.fitfortravel.nhs.uk/advice/malaria>
- Some medicines need to be started a few days before travel, whilst others may need to be started a week or more before travel. Patients should be advised to purchase or obtain sufficient prophylactic medicines to cover the period of travel, considering that malaria prevention medicines are started prior to travel, taken while away and continued on return from travel. Further information can be found here –[Prescribing information | Malaria prophylaxis | CKS | NICE](#)
- Ensure patients understand and are fully informed of malaria and its prevention methods.
- Patients should also be advised about the importance of mosquito bed nets, suitable clothing and insect repellents such as DEET. See <https://www.nhs.uk/conditions/malaria/prevention/>

Private prescriptions -not to be prescribed on NHS

- Doxycycline, proguanil/atovaquone and mefloquine are only licensed as POM (Prescription Only Medicines) and will need a **private prescription** to supply.
- Details of dose and treatment regimens can be found here: <https://cks.nice.org.uk/topics/malaria-prophylaxis/prescribing-information/>

Available to purchase from pharmacies (OTC) – not to be prescribed on NHS

- Maloff Protect (atovaquone 250mg with proguanil hydrochloride 100mg) is one of four anti-malarial products currently available as P medicines for supply from pharmacies in the UK.
- Avloclor (chloroquine 250mg), Paludrine (proguanil hydrochloride 100mg), Paludrine/Avloclor Anti-Malarial Travel Pack (proguanil hydrochloride 100mg/chloroquine 250mg) are now **rarely** used due to the development of **resistance**. <https://www.rpharms.com .supply of anti-malarials pharmacy medicines>

ABCD of Malaria Prevention in UK travellers

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[Malaria factsheet - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

Inform patients of Public Health England ABCD of malaria prevention. The combination of preventive measures advised will give significant protection against malaria

Awareness: know about the risk of malaria

Bites: prevent or avoid mosquito bites

Chemoprophylaxis: compliance with appropriate treatment

Diagnose: recognise malaria symptoms swiftly and obtain treatment promptly

Travel Health: useful resources

<https://www.sps.nhs.uk/articles/travel-health-useful-resources-to-support-answering-questions/>

This signposts to suggested resources to help primary care healthcare professionals find information to answer travel-related questions about medicines including those produced by SPS, Travel Health Pro, Fit for travel, NHS website, UKHSA malaria guidelines & NaTHNaC advice line.

[Wessex LMCs: Patients Travelling Abroad - FAQs](#)

Includes information on Prescriptions for patients travelling out of the country, travelling with prescribed & Controlled Drug, advice for patients whilst abroad and information on provision of medical care when abroad (EHIC / GHIC update)

<https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/> Applying for a new EHIC or GHIC card -

[Wessex LMCs: Travel Vaccinations - FAQs](#)

Includes information on funding & charging for vaccines, Travel immunisations that can be given as either NHS or as a private service, NHS Covid pass etc.

[Malaria, treatment | Treatment summaries | BNF | NICE](#)

Expert advice must be sought in all patients **suspected to have malaria**. If malaria is diagnosed in a returned traveller, other members of the family or travelling group should be advised that they may have shared the same exposure risk and they should seek medical attention if they develop symptoms.

References

1. PHE Guidelines *Malaria prevention guidelines for travellers from the UK* available from <https://www.gov.uk/government/publications/malaria-prevention-guidelines-for-travellers-from-the-uk>
2. NHS Choices available from <https://www.nhs.uk/conditions/malaria/prevention/>