

## Medical Preparation Remember that some vaccines require time to take effect or need multiple injections

- Confirm that your standard vaccines (i.e., diphtheria/tetanus) are up to date
- Ask whether any routine tests can be performed prior to departure
- Bring copies of your medical records detailing medical history, current medical conditions and treatment plans
- Obtain duplicates of important test results and bring two copies of everything
- Consider storing your personal medical history on the web via an online service
- Review as much physician information as possible, including medical education, board certification status, special interests
- Make sure the physician is on the medical staff at a major hospital
- If you are being treated for a chronic or serious medical condition, consider arranging an appointment to review your condition and treatment plan in advance
- Ask how the doctor can be reached after hours
- If your current program does not allow cashless access to doctors, bring cash on the first visit, and be sure to obtain a receipt to submit with your insurance claim for reimbursement upon return to the U.S.
- Check to see if your medications are available in your host country and translate the names of the medications you use
- Learn the generic names, which may be familiar to physicians and pharmacists if the brand name is not
- If you require injections (i.e. allergy, insulin), get a letter from your doctor describing the shot's components and administration instructions
- Carry an adequate supply of your medications (at least three months) in case there is a delay in finding an equivalent supply
- Bring extra prescription glasses and contacts and their prescriptions
- Bring an extensive first aid kit that includes: bandages, splints, tweezers, over-the-counter medications, vitamins, analgesics, decongestants, antacids, contact lens solution, sunscreen, bug repellent, contraceptives
- If you have severe allergies, bring injectable epinephrine for unexpected allergic reactions
- Leave all medications in their original bottles and include a physician's letter of explanation in your medical records
- Learn or have available key medical phrases
- Be familiar with the medical, not simply the lay term for your key medical conditions

