

*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**.
- This prescribing can also be done by a Travel Clinic.

## Prescribing Guidance

- 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: [www.fitfortravel.nhs.uk/advice.aspx](http://www.fitfortravel.nhs.uk/advice.aspx)
- Doxycycline, proguanil/atovaquone and mefloquine are only licensed as POM (Prescription Only Medicines) and will need a private prescription to supply.
- When mefloquine is prescribed patients should be encouraged to commence treatment 3 weeks to 10 days before travel commences, to allow intervention in case of adverse reaction.
- Some medicines for malaria chemoprophylaxis are available over the counter at community pharmacies (e.g. chloroquine – Avloclor<sup>®</sup>, proguanil – Paludrine<sup>®</sup>) but these often are not the recommended preparations due to lack of efficacy against the most dangerous malaria parasite.
- 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/>
- Patients should be advised to purchase or obtain sufficient prophylactic medicines to cover the period of travel, taking into account that malaria prevention medicines are started prior to travel, taken while away and continued on return from travel.

## ABCD of Malaria Prevention in UK travellers

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

**A**wareness: know about the risk of malaria

**B**ites: prevent or avoid mosquito bites

**C**hemoprophylaxis: compliance with appropriate treatment

**D**ispose: recognise malaria symptoms swiftly and obtain treatment promptly

## 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/>