

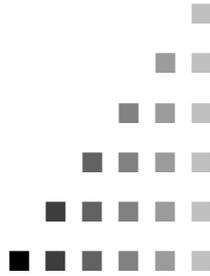
Patient Information Leaflet

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Typhoid Fever and *Vivotif*

For further information visit

www.nhs.uk or www.patient.co.uk

What is Typhoid Fever?

Typhoid fever is caused by a germ called *Salmonella typhi*. This germ may contaminate food or drink in areas of poor sanitation.

Symptoms include sudden onset of fever, severe headache, nausea, abdominal pain, loss of appetite, constipation or diarrhoea.

Travellers to areas where Typhoid is a problem should be immunised and particularly where hygiene and sanitation are poor. Immunisation may not be needed for short stays to some affected countries if you stay in good accommodation (including most package holidays).

When to take Vivotif?

The worst affected areas are Asia, Africa, and Central and South America, so you should be immunised especially if you are visiting friends and relatives in these countries. Immunisation may not be needed for short stays to some affected countries if you stay in good accommodation (including most package holidays).

How does it work?

Vivotif is an oral Typhoid vaccine that contains live, weakened cells of the bacteria that cause Typhoid fever (*Salmonelle typhi*). It works by stimulating the body's immune response to the Typhoid bacteria, without actually causing the disease.

What is it used for?

Vivotif is a vaccination against Typhoid in adults and children aged six years and over.

Side effects

The following are some of the side effects that are known to be associated with this type of vaccine. Just because a side effect is stated here does not mean that all people using it will experience that or any side effect:

- ◆ Abdominal pain
- ◆ Diarrhoea
- ◆ Nausea and vomiting
- ◆ Fever
- ◆ Flu-like symptoms
- ◆ Headache
- ◆ Rash or itching
- ◆ Allergic reaction

Medication Warnings

- ◆ Take this medication an hour before food or on an empty stomach.
- ◆ The capsules are to be swallowed whole, not chewed.
- ◆ One *Vivotif* capsule should be taken on alternate days, i.e. on days one, three and five. Each capsule should be swallowed whole, approximately one hour before a meal, with a cold or lukewarm (no warmer than body temperature) drink. The capsule should not be chewed and should be swallowed as soon as possible after placing in the mouth.
- ◆ *Vivotif* capsules should be stored in a refrigerator at 2-8°C and protected from strong light. Keep out of reach of children.
- ◆ As with all vaccines, this vaccine may not produce immunity in 100% of people given the vaccine. You should still observe strict food, water and personal hygiene measures to avoid the disease. These include washing hands before eating or preparing food, only drinking boiled or sterilised water, avoiding ice cubes in drinks unless you know they were made from 'safe water', eating only freshly prepared hot food that has not been (PTO)

- ◆ (*cont*) allowed to stand at room temperature for many hours, and avoiding raw fruit and vegetables unless you have peeled them yourself. Be careful eating food from street stalls. Measures such as these can also protect you from *Paratyphoid*, *Hepatitis A*, *Cholera* and other types of travellers diarrhoea.

Do **NOT** take if...

- ◆ You have an underactive Immune System.
- ◆ You are Pregnant or Breast feeding.
- ◆ You have a sudden feverish illness (start taking after recovery).
- ◆ You have sudden stomach or intestinal illness, e.g. vomiting or diarrhoea (start taking after recovery).
- ◆ You have an allergy to any of the ingredients.
- ◆ You are taking any antibiotics.

Seek advice from GP or Nurse if...

- ◆ You are on any current medication, including those bought without a prescription and herbal medicines.
- ◆ You feel you have experienced an allergic reaction after taking this vaccine. **DO NOT** take any further doses until advice has been given.

The content provided in this leaflet is for information purposes only.. Information obtained in this leaflet is subject to personal interpretation and can become obsolete, thus accuracy cannot be guaranteed. Please consult your own healthcare provider regarding any medical issues. Last updated Sept 2016