



FITS Clinic Frequently Asked Questions – For Health Practitioners

Who is FITS?

The Family Immunisation and Travel Specialists (FITS) is a family-oriented travel and immunisation specialist clinic.

The clinic brings together highly experienced children/family doctors and nursing professionals to enable the provision of expert travel medicine and immunisation care to families and children in Melbourne.

The clinic has its primary site at Cabrini Health, Malvern and operates 1-2 times a week on Mondays and Wednesdays.

What are the costs for a travel medicine consult at Cabrini?

The FITS consultation fee is \$305, which includes a \$50 booking fee as well as a BCG vaccine and Mantoux administration and interpretation (if required). Medicare eligible patients may claim a rebate.

Travel consultations are \$255 if a BCG vaccine is not required.

Does my child need a BCG vaccine?

According to Australian Government Department of Health recommendations, newborns and children under 5 years of age who will be travelling to or living in countries or areas with a high rate of tuberculosis should receive a BCG¹.

Countries with a high rate of tuberculosis include India, China, Indonesia, Bangladesh, Philippines, Bangladesh and many countries in Africa. For a full list

see: <https://www.health.nsw.gov.au/Infectious/tuberculosis/Pages/high-incidence-countries.aspx>

When is the best time to have BCG vaccine before travel?

BCG vaccination should ideally occur at **least 1 month**, and preferably 3 months before departure.

What if I am leaving in less than one month? Should I have the BCG overseas?

Discussion about options with your FITS Clinic travel medicine specialists is recommended.

Will a child need a mantoux test (also known as Tuberculin-Skin-Test or TST) prior to a BCG?

A mantoux test may be recommended in older children, or if they have had previous travel overseas, prior to giving a BCG. This is to check for past exposure to tuberculosis. Discussion about options with FITS Clinic travel medicine specialists is recommended.

What is involved with a mantoux test?

A mantoux test is a two-step test. After administration of the mantoux, the child will need to return for a reading 2 – 4 days after administration. If negative, a BCG can be safely administered.

Mantoux placements and readings are completed as part of the FITS Clinic consult.

What about other vaccines?

Your travel health specialist may recommend additional vaccines to the BCG. This will depend on the age and destination of travel. The recommended vaccines may include Hepatitis A, Typhoid and Influenza vaccines. These vaccines are available at an extra cost, as they are supplied outside of the National Immunisation Program Schedule.

Can the BCG be given with other vaccines?

Yes – the BCG can be given at the same time as other vaccines.

Note: The BCG must be given at the same time, or 4 weeks apart from the 12 and 18-month old National Immunisation Program scheduled vaccines (MMR, MMR-V), or other non-scheduled live vaccines such as varicella vaccine or yellow fever vaccine.