

Parkbury House Travel Medication Information Sheet

Please see the guidance below outlining the rules on travelling with medication and when to contact us.



Prescribed Drugs (excluding Controlled Drugs)

Travelling Abroad for <3 months

- For patients who inform us they will be out of the country for less than 3 months, we will provide sufficient medicines for an existing condition (e.g. asthma, diabetes...) for the period while you are away where it is safe to do so.
- Drugs that require frequent monitoring may not be prescribed where there are safety concerns.

Travelling Abroad for >3 months

- Patients who inform us they will be leaving the country for more than 3 months can be prescribed sufficient medication to enable them to make alternative arrangements at their destination
- You are advised to register with a local doctor for continuing medication, which you may need to pay for. *NB it is recommended that you check with the manufacturer that medicines required are available in the country being visited.*
- We can provide a print out of your medication summary for you to carry
- If you intend to travel abroad for more than 3 months, you must inform us so we can remove you from our registered patient list. You are more than welcome to re-join when you return (*As per the GMS contract*)

Controlled drugs

Please check this list to see if you are on a controlled drug

<https://www.gov.uk/government/publications/controlled-drugs-list--2/list-of-most-commonly-encountered-drugs-currently-controlled-under-the-misuse-of-drugs-legislation>

Department of Health guidance recommends that prescriptions for controlled drugs should be limited to a **supply of up to 30 days treatment.**

Travelling Abroad for Less than 3 months with controlled drugs

- Only one month prescription will be provided
- You will need a covering letter with the following details which we can provide with sufficient notice (*Please note there will be a fee for this as this is not an NHS service*):
 - patient's name, address and date of birth
 - the full travel itinerary including outward and return dates of travel
 - a list of the drugs the patient will be carrying, including dosages and total amounts

Controlled drugs should be:

- carried in original packaging
- carried in hand luggage (airline regulations permitting)
- carried with a valid personal import/export licence (if necessary; see below)

Travelling Abroad for more than 3 Months with controlled drugs

- Persons travelling abroad (or visitors travelling to the UK) in excess of three months and carrying controlled drugs will require a personal export or import licence.
- You can apply for one from this website: <https://www.gov.uk/guidance/controlled-drugs-import-and-export-licences>
- A personal licence has no legal standing outside the UK and is intended to assist travellers passing through UK customs controls with their prescribed controlled drugs.
- It is always advisable to contact the embassy or high commission of the country to be visited regarding their policy on the import of controlled drugs, as the legal status of UK prescription only (POM) controlled drugs varies between countries.

We hope the above provides clear guidance to aid your travel. Please contact us in advance if you need arrangements for your medication so we can action them in time for your travel.