

Can my GP prescribe extra medication to cover my holiday/time abroad?

It depends on several factors, including:

- how long your GP thinks you need medication for your condition
- how often your treatment needs to be reviewed
- what monitoring may be needed for a medication
- how long you'll be away

Your medication

If you need regular medication for a stable long-term health condition, your GP may prescribe a maximum supply of three months

Will my GP prescribe medication in case I am ill when I am away?

Discuss this with your GP. They will only give you an NHS prescription if they think that you are likely to need the medication (eg. if this reflects an approach to a medication that you already have in place here in the UK). They do not have to give you an NHS prescription just because you think you should have the medication in case. It is usually important that people access healthcare abroad if they are suddenly unwell, rather than rely on a supply of back-up medications from the UK

Travel abroad for more than three months

If you are going abroad for more than three months, your GP may prescribe medication to last until you can make arrangements to get it at your destination. You would need to arrange either to:

- register with a doctor in the country you're visiting
- buy the medication from a pharmacist while you're away

It will be your responsibility to find out whether you can get your medication in the countries you are travelling to.

Check what medication you can take:

It is important that before you travel, you find out if there are any restrictions on taking your medicine in and out of the country that you are visiting. Some medicines available over the counter in the UK may be controlled in other countries and vice versa