

Travelling with CDs

The legal classification of medicines as Schedule 2, 3, 4 or 5 Controlled Drugs only applies in the UK. Other countries have their own restrictions on narcotic and psychotropic medicines. Patients are advised to check with the destination Embassy or Consulate what arrangements need to be made to enable them to take their prescription and over the counter medicines on holiday with them.

Advise your patients to consider their current medication, as well as vaccinations and malaria prophylaxis, when they make their travel plans. They need to allow plenty of time to apply for any necessary permissions from their destination embassy, or discuss changes to their medication regime with their GP.

Useful websites:

<https://www.gov.uk/travelling-controlled-drugs>

<http://www.fitfortravel.nhs.uk/advice/general-travel-health-advice/travelling-with-medicines.aspx>

http://www.incb.org/incb/en/psychotropic-substances/travellers_country_regulations.html

As a minimum requirement, provide your patient with a copy of their prescription and a letter stating:

- Their name.
- Travel itinerary.
- Names of the prescribed CDs.
- Dosages.
- Total amounts to be carried.

Advise your patient CDs should be carried in their original packaging and in hand luggage.

Advise your patient to check with their carrier in advance of travel date that carrying the entire amount in hand luggage is allowed.

Applying for a license

The Home Office advises:

Travellers will require a person import or export licence to **pass through UK border controls** with CDs if:

- They are travelling for three calendar months or more; or
- They are carrying more than three months supply of CDs.

Personal licences should be applied for at **least ten working days before the travel date.**

<https://www.gov.uk/government/publications/personal-import-export-licence-application-form>

If a person is staying outside the UK for a period exceeding three months, advise them to register with a doctor in the country they are visiting to get further prescriptions, appropriate follow-up and monitoring.

[CCG Information and Guidance on Prescribing Vaccinations and Medicines for Travel Abroad in General Practice](#)