



South Sefton Clinical Commissioning Group
Southport and Formby Clinical Commissioning Group

Dear Patient

Prescribing medication for patients living or travelling abroad or otherwise absent from the UK

The Pan Mersey Area Prescribing Committee recommends that prescribers should NOT supply medication for longer than THREE MONTHS for patients who are going to live or are travelling abroad or are otherwise absent from the UK. Patients should make local arrangements in their country of residence for on-going medical care.

This decision has been approved by South Sefton Clinical Commissioning Group and is supported by GP practices in South Sefton.

Patients travelling outside the UK

- If you are going to be abroad for a period that is longer than 3 months, then all you are entitled to, at NHS expense, is a sufficient supply of regular medications to get to your destination and find an alternative supply of that medication.
- It is important that you check on arrangements for obtaining prescribed medicines in the country that you intend to visit, before leaving the UK.
- The NHS duty of care regarding prescribing, ends where a patient has been absent, or intends to be away from the United Kingdom, for a period of more than three months.
- It is important that you check the regulations on taking medicines out of the UK and into the country that you intend to visit by contacting the relevant embassy for the country you're visiting. The UK Foreign and Commonwealth Office (FCO) website has a full list of foreign embassies in the UK.
- Patients who intend to return to the UK for the purpose of obtaining medication, or who use a local proxy to request prescriptions on their behalf, will be refused supply. Instead, patients should obtain medication from local medical services in their country of residence, to whom their previous UK GP practice can provide appropriate information regarding their medical history and medications.

Please note that further information to explain and support this decision is available on the [NHS Choices website](#).