

Travelling Abroad for More Than 3 Months – What You Need to Know

If you're planning to spend more than 3 months outside the UK, it's important to understand how this affects your NHS care and prescriptions.

NHS Care While You're Abroad

The NHS is designed to provide healthcare for people who live in the UK. This means that once you leave the UK for more than 3 months, the NHS is no longer responsible for your ongoing medical care.

You will need to arrange healthcare in the country you are staying in, including registering with a local doctor if needed.

Once you inform the practice that you are planning to leave the country for more than three months, you will be removed from our patient list on or around the day of your departure. We will gladly re-register you upon your return to the UK, if your address is within our catchment area. Rest assured that your electronic medical records will be kept on file for reference when you return.

Your Prescriptions

Before you travel, your GP can provide you with up to three months' worth of your regular medication, dependant on the medications and risks.

If you are taking any controlled medications, please book an appointment with a pharmacist to discuss this. Controlled medications are usually only able to be prescribed for 1 month (28 days).

Note:-

- The NHS cannot provide more than 3 months of medication for travel.
- The NHS cannot continue to issue repeat prescriptions while you are living abroad.
- You will need to arrange further medication in the country you are staying in.

This is because your GP must be able to monitor your health and treatment safely, which isn't possible when you are overseas long-term.

Before You Go

It's a good idea to:

- Check whether your medicines are allowed in the country you're visiting.
- Make sure you have enough medication to last until you can register with a doctor abroad.
- Take a copy of your repeat medication list or a summary of your medical record.
- Arrange travel insurance that covers medical treatment.

If you are travelling with controlled drugs, you may also need a letter from your GP.

GHIC/EHIC Cards

A UK Global Health Insurance Card (GHIC) or EHIC can help you access state-provided healthcare in some countries, usually for urgent or necessary treatment. These cards **do not** replace travel insurance and **do not** cover private care or getting you back to the UK.

In Summary

- NHS care is for people who live in the UK.
- If you go abroad for more than 3 months, the NHS cannot provide ongoing care or prescriptions.
- You can take up to 3 months of medication with you.
- You must arrange healthcare and prescriptions in the country you're staying in.