

Going on holiday?

Make sure you are prepared:



- If vaccines are needed, book your appointment with one of our practice nurses ideally at least 12 weeks, and no later than 2 weeks, before departure. Please be aware some vaccines are not available on NHS and will need to be paid for. Specialist travel clinics are also available in Newcastle who will have a wide range of appointments available to advise, administer vaccines and prescribe malaria prophylaxis.
- Ensure you have a sufficient supply of your regular medication to take with you. If this means you need to request a prescription before it is due, please let us know when ordering to avoid undue delays
- Check with your travel agent or airline if there are any special regulations about taking your medications with you abroad. If specific letters are required from your doctor, these will cost £25
- Make sure you have first aid medication in case of illness while you are away. Your local pharmacy can advise on what to take.
- Any prescription medicine required specifically for holidays, e.g. Diazepam for fear of flights, norethisterone to delay periods, are not recommended to be prescribed on the NHS. If it is felt they are appropriate for you, a private prescription will be issued. This means you will need to pay for the cost of the drug plus a charge from community pharmacy. For both examples this should be around the same price as a prescription charge.

Please be aware that prescriptions can only be issued up to a maximum of three months if the prescriber is satisfied it is safe to do so.

If you are going away for more than three months, we can only prescribe enough to allow you to organise your own supply once you are abroad. In the majority of the cases this will be one month. You will also be removed from the practice list and will need to re-register on your return.



Further information can be found on the following NHS Choices pages:

Travel Vaccinations

<http://www.nhs.uk/Conditions/Travel-immunisation/Pages/Introduction.aspx>

Can my GP prescribe extra medication to cover my holiday?

<http://www.nhs.uk/chq/Pages/1755.aspx>

Can I take my medicine abroad?

<http://www.nhs.uk/chq/Pages/1074.aspx?CategoryID=70&SubCategoryID=175>

Access to healthcare abroad

<http://www.nhs.uk/nhsengland/Healthcareabroad/pages/Healthcareabroad.aspx>