



## FIE London Medication Guidance

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### General guidance

With any medications you are currently taking, we advise you come to London with at least **3 months' supply** of all prescribed medications. If any of your medications cannot be supplied ahead of time, please consider the following:

- Speak to your doctor about how to proceed – if they have recommendations of suppliers in London, how to go about getting the pills, if they have had the same issues with previous patients. Ask them if they are willing to ship the medication to you in London through the relevant legal channels
- Speak to your doctor and get documentation on your prescription including for what purpose you are taking it, your dosage, any special instructions etc. Bring this to London so that you can visit a doctor as soon as you get here and show them all the details of your treatment regime. You need to research to check if your medication is readily available here in the UK – it may be under a different brand name so do check the chemical composition name.
- Another option is for your parents to get the prescription and have them ship the medication to you in London. You must check with the [MHRA](#) (who are in charge of regulating all medicines and medical devices in the UK) if your medication is legal to import and use a reputable shipping company who can help with documentation and have appropriate tracking facilities to stop your medication from going missing or being stopped at customs

### Additional guidance regarding prescribed controlled substances (e.g. many ADHD or anxiety medications)

Prescribed controlled substances should be treated differently to regular prescribed medication. You should prepare early to prevent any problems with accessing your medication abroad.

- You must review the medication guidelines for travelling with prescribed controlled substances
- It is advisable to carry a letter from your practitioner stating that the medication has been prescribed for a specific medical diagnosis
- There may be restrictions on the quantity that you can carry with you when travelling internationally, e.g. only a 30-day supply
- If your medication is restricted in the UK you may need to discuss with your practitioner in advance regarding alternative medication that is not restricted in the UK
- You may need to contact your carrier (e.g. airline) for their regulations, recommendations and/or labelling conventions
- You may require a medical certificate/import license
- These should not be shipped internationally. Hand delivery may be required, or a prescription from a UK doctor. Most US doctors are not licensed outside their state so a US prescription cannot be filled abroad

Please see the below websites for additional information and guidance:

- <http://www.gov.uk/government/publications/controlled-drugs-list--2>
- <https://www.gov.uk/guidance/contact-mhra>
- <https://www.gov.uk/duty-free-goods/banned-and-restricted-goods>
- <https://www.gov.uk/travelling-controlled-drugs>