

Queen Elizabeth Hospital Liver Support Group

Information Sheet 2

Travelling Abroad with Your Medications

If you are travelling abroad with medications (tablets, syringes etc), either prescribed or purchased over the counter, what may be perfectly legal in the UK may be BANNED in other countries and could lead to a fine or even imprisonment for carrying drugs banned in their country. Here are some guidelines to familiarise yourself with to make it easier with custom officials/Police forces if you are unfortunate enough to be stopped and questioned as to why you are carrying drugs of any kind.

1. Always check with the UK Embassy (website) of your destination you are staying at, and any places you may be transiting through, to see if medications/substances or ingredients in your medication you are carrying are illegal or any restrictions that are imposed in that country. A full list of the Embassies can be found here at www.gov.uk website.
2. Any drugs you are carrying with you, always leave them in their respective foil packets in the boxes or bottles, NEVER split them up or carry them loose (difficult to ascertain what type of drugs they are out of their packets/bottles).
3. Always carry prescribed drug prescriptions, and any other medications with you, so they can verify the drugs you are taking are for you **ONLY**.
4. As an added precaution you may want to obtain a letter from your doctor/hospital to verify the drugs you are taking, and handy in case you need more.
5. ABTA recommends you carry a general cover letter with you, a brief description of your condition, and if appropriate, details of any difficulties what could occur and any assistance you may need.
6. NEVER carry any medication abroad for other people.
7. Make a note of doctors/hospital and coordinators telephone Nos and your hospital identification/reference No's should the need arise to contact them.

Following these simple steps may help you if you are ever stopped/caught up in a situation like this.

