

# Useful information for patients – Drug prescriptions for longer trips abroad

## Dear patient

To make sure you enjoy your holiday right from the first moment, it should be well planned. This also includes taking the necessary medication with you if you are currently ill. Often patients approach their doctor requesting them to prescribe medication for a trip abroad lasting several months.

## When can patients receive medications for longer stays abroad on a public health insurance prescription?

For a trip that will not last longer than three months, the doctor may prescribe the necessary medication in advance in the case of drug treatments that are necessary long-term, if no further medical checks of your condition are necessary.

The situation is different if the stay abroad will last longer than three months. A prescription from your doctor is not permitted as a public health insurance prescription in this case and can lead to your health insurance provider making compensation claims against your doctor. According to § 16 of the Social Code V, your entitlement to benefits as a patient covered by statutory health insurance is in principle suspended when you are abroad.

Before going on a long trip abroad, you should therefore check with your insurance provider how prescriptions for the drug are regulated in the country you are travelling to and how to obtain it in your destination.

## What do you have to bear in mind when taking medications with you into your destination country?

Likewise, the question of which medications you are even allowed to bring into a particular country may also be relevant. In this regard, please consult the competent authority in the destination country. You can obtain information about this from the diplomatic missions and consulates of the countries in question.

You can look up advice on taking narcotic drugs with you when traveling abroad on the homepage of the Federal Institute for Drugs and Medical Devices under the heading Narcotic Drugs: <http://www.bfarm.de>.

## Are you adequately insured for your stay abroad?

In addition, we recommend seeking advice from your health insurance provider on the extent to which you are insured for care for acute conditions when on holiday abroad in the respective destination country. It may be a good idea to take out additional travel insurance.