



Travelling abroad with ADHD medication

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Travelling abroad with ADHD medication

There may be national and international regulations that affect how you take your ADHD medicines with you when travelling abroad.

By being aware of these, you will be able to prepare in advance so that you do not run into any problems.



Are you well prepared?

The Checklist

The following checklist can be used to support you in planning for your upcoming holiday when travelling with ADHD medication.

It is advised that you discuss your holiday plans with your doctor in good time, before your departure date, as they can tell you exactly what you need to prepare based on your destination.

Taking Medicine Abroad

You need to check what rules apply when taking your medication out of the UK and into the country that you are going to, including countries you are just passing through (in transit).

Countries have different regulations around the type of medicine allowed to be taken into the country, and the maximum quantities allowed.

Contact the relevant foreign embassy to check what regulations apply to your medicine. A list of foreign embassies in the UK can be found at: <https://www.gov.uk/government/publications/foreign-embassies-in-the-uk>

Controlled Drugs

Some ADHD medications are controlled drugs. These medications fall under the Misuse of Drugs legislation in the UK. This means that extra legal controls apply to these medicines.

Specific requirements therefore apply to the information that you must take with you and how you carry your medicines.

Travellers who are carrying controlled drugs out of or into the UK for their own personal use may need a personal license if they are travelling for 3 calendar months or more, or carrying more than 3 month's supply of the drug. You should apply for this licence at least 10 working days before you travel. More information can be found on the Home Office website: <https://www.gov.uk/guidance/controlled-drugs-licence-fees>





Doctor's Letter

When taking controlled drugs abroad they should be accompanied by a doctor's letter. This letter may need to be shown at the border.

This letter should include:

- Your name and address
- Date of birth
- Dates you are departing and returning
- What countries you are visiting and when
- Names of prescribed controlled drugs (including the generic names, not just brand names)
- The health condition you need the medication for
- Dosages and total amounts of each carried
- The signature of the person who prescribed your drugs

It is advised to also carry a letter if you are carrying any other prescribed medication. As well as taking extra copies of the letters, carried in different bags, with perhaps photographs of them on your phone in case the originals get lost.

Packing your ADHD medication

If your ADHD medication is a controlled drug then it must be carried in the original, correctly labelled packaging and in your hand luggage (check with your airline before travelling) to prevent them from becoming lost in transit.

European Health Insurance Card (EHIC)

A valid EHIC gives card holders the right to access state-provided healthcare during a temporary stay in another European Economic Area (EEA) or Switzerland. This covers treatment that is medically necessary until you return home.

Treatment should be provided on the same basis as it would be for a resident of that country, and is provided at reduced cost, or in many cases, for free.

For further information on the EHIC, visit: <https://www.ehic.co.uk/>



Translations for on the go

English	Spanish
I suffer from / my child suffers from ADHD.	Sufro (padezco) de / mi hijo / hija sufre (padece) de TDAH.
I / we need these drugs / this certificate in my / our hand luggage.	Yo / nosotros necesitamos estos medicamentos / este certificado en mi / nuestro equipaje de mano.
I need / my child needs his ADHD drugs.	Necesito / mi hijo / hija necesita sus medicamentos para el TDAH.
Here is my / the doctor's letter to carry drugs for treatment purposes.	Aquí está mi / la carta médica para transportar medicamentos con fines terapéuticos.
I need these drugs / my child needs these drugs for my / my child's one week / two week holiday.	Necesito estos medicamentos / mi hijo / hija necesita estos medicamentos para mi / para sus vacaciones de una semana / dos semanas.
I have lost my / we have lost the (prescription) drugs.	He perdido mi / hemos perdido los medicamentos (de prescripción médica).
I need a prescription for my ADHD drug / the ADHD drug of my child.	Necesito una prescripción médica para mis medicamentos para el TDAH / para el TDAH de mi hijo / hija.
I have lost my / the doctors letter to carry drugs for treatment purposes.	He perdido mi / la carta médica para transportar medicamentos con fines terapéuticos.
Where can I / we find the nearest pharmacy?	¿Dónde puedo / podemos encontrar la farmacia más cercana?
Where can I / we find a physician?	¿Dónde puedo / podemos encontrar un médico?
Hospital	Hospital

French	Italian
Je souffre de / mon enfant souffre de TDAH.	Io soffro di ADHD / mio figlio / mia figlia soffre di ADHD.
J'ai / nous avons besoin de ces médicaments / ce certificat dans mes / nos bagages à main.	Io ho / noi abbiamo bisogno di questi medicinali / questo certificato nel mio / nostro bagaglio a mano.
J'ai besoin de / mon enfant a besoin de ses médicaments de TDAH.	Io ho bisogno del mio medicinale per ADHD / mio figlio / mia figlia ha bisogno del suo medicinale per ADHD.
Voici ma lettre de médecin pour transporter mes médicaments prescrits.	Ecco qui la lettera del medico che certifica che posso trasportare medicinali
J'ai besoin de ces médicaments / mon enfant a besoin de ces médicaments / pour les vacances d'une semaine / des deux semaines.	Io ho bisogno del mio medicinale per la mia vacanza di una settimana / due settimane / mio figlio / mia figlia ha bisogno del suo medicinale per la sua vacanza di una settimana / due settimane
J'ai perdu mes / nous avons perdu nos / médicaments (prescrits).	Ho perso / abbiamo perso le medicine (di prescrizione)
J'ai besoin d'une prescription pour mon médicament ADHD / le médicament ADHD de mon enfant.	Io ho bisogno di una prescrizione per il trattamento di ADHD / mio figlio / mia figlia ha bisogno di una prescrizione per il trattamento di ADHD
J'ai perdu ma lettre de médecins pour transporter mes drogues prescrits.	Ho perso la lettera del mio medico che certifica che posso trasportare il medicinale
Où est-ce qu'on trouve un pharmacie proche d'ici?	Dove si trova la farmacia piu' vicina?
Où puis-je trouver un médecin?	Dove posso / possiamo trovare un medico?
Hôpital	Ospedale

