

## **Prescribing 'just in case' travel medication**

(including postponement of menstruation whilst abroad)

Prescriptions for medication which is requested solely in anticipation of an ailment whilst outside of the UK, but for which treatment is not required at the time of prescribing should not be prescribed on the NHS.

This includes items to treat ailments such as travel sickness, jet lag, or diarrhoea. It also includes postponement of menstruation whilst abroad.

These remedies can be either purchased over the counter; or if prescription only they should be treated as a private service and the practice may charge for the provision of a private prescription.