General Guidelines for Traveling with Medications Abroad

When entering or traveling within a foreign country with prescription medications, visitors to the country should take special pre-travel precautions to ensure minimal complications with immigration and customs officials at ports of entry and exit, including:

1. Travelers should obtain a clearly written letter (preferably typed) from his/her prescribing physician on the physician’s office letterhead stating precisely:
   a. The patients name and his/her diagnosis.
   b. The brand name and the active ingredients of the medication.
   c. The prescribed quantity and dosage of the medication.
   d. That the aforementioned medication is for personal use by the named traveler.
   e. The letter should be signed and dated.

2. Travelers should carry the medication in its original packaging/bottles, unopened if possible.

3. Travelers should ensure the quantity of medication does not exceed the maximum allowable dosage for the time the traveler is staying in country.

4. Travelers should carry the purchase receipt which states the traveler paid for the medication himself/herself, as this is further proof the medication belongs to the traveler and isn’t being smuggled into the country.

5. If possible, Travelers should have the letter translated into their local language

Following these steps will help travelers who carry personal medications entry into their destination. Travelers may still undergo rigorous inspection of their medications and belongings by customs and immigration officials; however with proper documentation the customs and immigrations officers should release the traveler.

Disclaimer/Warning: These guidelines are meant to serve as general information only and travelers should know that each country has its own specific guidelines on the legality, import, carry and prescription of medications, including many over the counter (OTC) and common treatments in their home countries, and travelers are subject to the laws of the target country. Travelers are highly encouraged to contact UnitedHealthcare Global prior to travel to explore these medications and the target destination.