

March 2021

[Patients living outside the UK: guidance for GP practices and individuals](#)

GPs have a responsibility to monitor a patient for whom they are providing healthcare or prescribing medicines.

When a patient registered with a GP practice in the Vale of York or North Yorkshire travels abroad, provision of medicines for the treatment of existing long-term conditions may be provided at NHS expense for up to three months.

If a patient is travelling abroad for longer than three months, they are expected to arrange for an alternative supply of medicine in their location. Most medicines are available in most countries, so they are likely to be able to access a continuing supply for long-term conditions

Under the [National Health Service \(General Medical Services Contracts\) Regulations 2015](#), **a person must be removed from a practice's list of patients** when:

- they notify that they intend to be away from the UK for a period of **at least three months**
- they have been absent from the UK for a period of **at least three months**.

The removal of the patient from the list takes effect from:

- the date of their departure;
- the date on which notification is received of their departure, whichever is later.

The Government has provided [guidance on the medical and health support available for British people who are unable to return home due to the coronavirus \(COVID-19\) pandemic](#).

Anyone in this situation who is running out of their prescription medication should contact their travel insurance company, which may be able to help get the prescription replaced. If they cannot help, seek medical assistance and follow advice from the local authorities.

The Government's [foreign travel advice pages](#) offer healthcare information for different countries. The coronavirus and health sections provide essential information.

UK citizens travelling in Europe can read the [guidance on how to get state healthcare for UK nationals visiting the EU, Iceland, Lichtenstein, Norway or Switzerland](#). Each healthcare system is different, and in some countries UK citizens need to pay to have treatment. There's different guidance for healthcare for those [visiting Spain](#), [visiting Ireland](#) or going to [live, study or work in the EU](#).

To find healthcare services where you are, see the Government's [worldwide lists of doctors and medical facilities](#). These include English-speaking doctors.

Those in need of urgent advice or information can contact the Foreign, Commonwealth & Development Office 24/7 from anywhere in the world by [calling their nearest British embassy, high commission or consulate](#).