Taking Prescription Medications Abroad:

- Do you have prescription medications that will require you take a supply that will last for the duration of your program abroad?
- Will your insurance company allow for a prescription to be filled at one time to last for the duration of your program abroad?
- Is the prescription that you take classified as a narcotic and/or stimulant, and do you know if you will be allowed to enter your host country with the drug?

There is no one master list or web search that will give you a list of what medications are or are not allowed in every country you may visit while abroad, but it is important for you to do some research regarding studying abroad and your prescriptions.

- Have a conversation with your healthcare provider at least 8 weeks before your program abroad, to help you determine what, if any, medications you will need while you are abroad.
- Contact your insurance company at least 8 weeks before you program to discuss how best to fill a prescription that will need to last for the duration of your program abroad.
- Your insurance company may be able to advise you if your prescription is legal in the country in which your program will take place.
- Go to the host country’s embassy website to see if drug rules and regulations are posted. For example: http://www.austria.org/going-to-austria/practical-advice/bringing-your-medicine
  - View the U.S. Department of State’s Travel Information page: http://travel.state.gov/travel/cis_pa_tw/cis_pa_tw_1168.html
  - View the U.S. Department of State’s Custom and Import Restrictions page: http://travel.state.gov/travel/tips/tips_1232.html#customs
  - View the U.S. Departments of State’s Bringing Medications or Filling Prescriptions Abroad page: http://travel.state.gov/travel/tips/tips_1232.html#medications
  - View the U.S. Department of State’s Country Specific Information; click on a country and then read Medical Facilities and Health Information:
- Have a conversation with your local county health department.
- Contact Mobility International, located in Eugene, Oregon:
http://www.miusa.org/about-miusa