From early 2026, some prescriptions may be valid for up to **12 months**

Who might be eligible?

You may be eligible if:

- Your condition and medication dose have been stable for at least **6 months**
- You **don't need regular monitoring** (like blood tests or blood pressure checks)
- The medicine is **approved** for 12-month prescribing
- You **agree to a yearly in-person review** to check the medicine is still suitable

What's not included?

Some prescriptions won't be eligible for the 12-month option, including:

- **Controlled medicines** (e.g. opioids, stimulants) or medicines taken only **as needed**
- Conditions or medications that require **monitoring within 12 months**
- If your condition or medication dose has **changed in the past 6 months**

The final decision about whether a 12-month script is safe and appropriate belongs to the prescribing clinician.

The change in prescribing rules also mean scripts could be extended to six months, which may be a safer option than 12 months for some people.

What's not changing?
You will still collect three months of medication at the pharmacy, with repeats if the prescription is for 6 months or longer. You will not be able to collect 12 months of medication at once even if you have a 12-month script.

Need help or have questions?
Talk to our **reception team** or ask your **clinician** during your next appointment.
We're here to help you understand what these changes mean for you.

ProCare