

12-month prescriptions

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 **remained stable**.
- You **don't need regular monitoring** (like blood tests or blood pressure checks).
- The medicine is legally **approved** for 12-month prescribing.
- You agree to a **yearly in-person dedicated medication review** to check the medicine is still suitable
- Your GP considers it **clinically appropriate and safe**

What's Not Included?

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

- **Controlled medicines** (e.g. strong painkillers, ADHD and sleeping tablets) or medicines taken only **as needed**.
- Conditions or medications that require **monitoring within 12 months**.
- If your condition or medication dose has **changed recently**.
- If you become pregnant.

The final decision about whether a 12-month script is safe and appropriate rests with 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.

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.

Please remember to book your medication review appointment well in advance.

Need Help or Have Questions?

Discuss at your next appointment with your doctor. We're here to help you understand what these changes mean for you.