

Some prescriptions may be valid for up to 12 months

from early 2026

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.

