



NeuroFX
Changing Minds

Travelling with ADHD Medication

Controlled Medicines and International Travel

IMPORTANT RESPONSIBILITY STATEMENT

ADHD drugs are powerful medicines and it is your responsibility to ensure you have taken the appropriate steps before you travel. Punishments for possession vary, but in some countries, imprisonment is a genuine risk if you do not have the correct documentation. This is a warning and a disclaimer.

What NeuroFX Can and Cannot Do

NeuroFX can provide:

- A prescription for your medication
- A travel letter (where clinically appropriate) confirming your diagnosis, medication, dose, and that it is for your personal treatment

NeuroFX cannot:

- Provide legal advice about medication laws in other countries
- Guarantee that any country will allow your medication, even with documents
- Apply for permits or approvals on your behalf

You carry full responsibility for checking local rules, applying for any permits, and complying with border controls.

Step 1: Know What You Are Carrying

Many ADHD medicines are treated as controlled drugs or psychotropic substances in other countries, including (commonly):

- **Methylphenidate** (e.g. Medikinet XL, Concerta, Equasym, Ritalin)
- **Amphetamine-based medicines** (e.g. dexamfetamine, lisdexamfetamine/Elvanse)

Other medicines you may travel with (sleep, anxiety, pain) can also be controlled. If you are entering or leaving the UK with controlled drugs, follow GOV.UK guidance at <https://www.gov.uk/take-medicine-in-or-out-uk>.

Step 2: The "Minimum Safe" Travel Standard

Before you travel, do all of the following.

Paperwork

Always carry:

- Medication in original packaging with the dispensing label
- A copy of your prescription
- A doctor's letter (NeuroFX can provide this on request)

Attested medical reports: Some countries (notably the UAE) ask for an "attested medical report". This means a clinician's letter or report that has been officially authenticated (legalised) so local authorities accept it as genuine. This involves notarisation and consular attestation, which can take weeks and cost £100+.

Quantity

Many countries limit controlled medication to a short supply (often 30 days, sometimes less). Always travel with the minimum you need for the trip plus a small buffer for delays. TravelHealthPro highlights that medicines can be confiscated if permissions and paperwork are not arranged in advance (<https://travelhealthpro.org.uk/factsheet/43/medicines-and-travel>).

Declarations

If a country requires declaration at customs, do it. Travel rules can apply to transit or layover countries too, not just your destination.

Step 3: Where to Check (Use These First)

Use these sources as your starting point:

- TravelHealthPro (NHS travel health): Medicines and travel ([link](#))
- GOV.UK: Take medicine in or out of the UK ([link](#))
- CDC Yellow Book: Restricted/prohibited medications ([link](#))
- Country-specific health authority pages and embassy contacts

Destinations Requiring Extra Checks for ADHD Stimulants

This list is not exhaustive. Rules change frequently. Your responsibility is to check your exact medication (active ingredient) for your exact itinerary, including transit points.

UAE (Dubai, Abu Dhabi)

High administrative risk. Prior approval is commonly required for controlled medicines. UAE embassy guidance states travellers carrying controlled medication must apply for approval through the Ministry of Health website. Apply online at <https://mohap.gov.ae>. Processing time: 1-2 weeks recommended. Maximum supply: 30 days for tourists.

Saudi Arabia

Rules tightened recently. Effective November 2025, Saudi Arabia requires advance registration through the Controlled Drug System (CDS) at <https://cds.sfda.gov.sa>. Processing time: Apply 2-3 weeks before travel. Documentation: Prescription, medical report, ID, detailed medication information.

Japan

Very strict controls. Japan's Ministry of Health treats some medicines as narcotics, stimulants, or psychotropics. Methylphenidate is addressed under psychotropics or stimulants' raw materials. Amphetamines (Adderall) are completely banned, even with a prescription. Apply via email to Regional Bureau of Health and Welfare. Processing time: 2-3 weeks minimum. Maximum supply: 30 days for psychotropics without import certificate. Additional info at <https://www.ncd.mhlw.go.jp/en/application2.html>.

Singapore

Singapore's Health Sciences Authority provides a personal medication checker at <https://www.hsa.gov.sg/personal-medication>. Controlled and psychotropic substances (including methylphenidate) require prior approval. Amphetamines like Adderall are generally not available in Singapore. Apply at least 2 weeks before travel. Maximum supply: 3 months for non-controlled; controlled substances require approval for any quantity.

Thailand

Thailand publishes official traveller guidance at <https://permitfortraveler.fda.moph.go.th>. Methylphenidate requires permit; amphetamines are prohibited. Apply at least 15 days before arrival. Maximum supply: 90 days for Category 2 narcotics with permit; 30 days for certain psychotropics without permit.

South Korea (Republic of Korea)

South Korea has a formal approval process for controlled substances. Amphetamines are prohibited; methylphenidate requires advance approval. Apply via email to narcotics@korea.kr or phone +82-43-719-2813. Processing time: 10 business days. Maximum supply: 3 months for non-narcotic medications; controlled substances require specific approval.

Qatar

GOV.UK advice and Qatar Ministry of Public Health guidance advise that controlled/prescription medicines may be restricted. Carry original packaging, prescription,

and a signed/stamped doctor letter with specific details (patient name, medication name, dosage, duration). Some sources indicate permit may be required for controlled substances; check directly with Qatar embassy.

Practical Risk Table (Quick Triage)

Risk Level	Examples	What You Should Assume
High	UAE, Saudi Arabia, Japan, Singapore, South Korea, Thailand	You may need pre-approval or permits. Border enforcement can be strict. Do not travel with medication until you have checked official rules and completed any application steps.
Medium	Qatar	You may not need a permit, but you will likely need original packaging, prescription, and doctor letter. May face questions at entry.
Variable	Everywhere else	Rules vary by country and may change quickly. Check official sources for your specific destination and any transit points.

If You Cannot Meet the Destination Rules

If your destination does not allow your medication, or you cannot get approval in time:

- Speak to your prescriber well in advance about options (for example, timing, symptom planning, or clinically appropriate alternatives)
- Do not attempt workarounds (splitting meds between bags, removing labels, carrying loose tablets)
- Do not post controlled medicines internationally. UK guidance warns controlled drugs should not be posted to you from overseas ([link](#)).

Disclaimer (Patient Responsibility)

This document is general travel risk information, not legal advice.

- Laws, permits, and enforcement vary and can change without notice
- You are responsible for checking the law in each destination and transit country, applying for permits, carrying correct documentation, and declaring medicines if required
- NeuroFX is not responsible for confiscation, refusal of entry, detention, prosecution, or any outcome arising from non-compliance with local medication laws

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