

# **LONGER and/or Repeat PRESCRIPTIONS**

**1<sup>st</sup> February 2026**

## **[A] The newly introduced 12-month prescription option is:**

- NOT available if you are an animal (Vets are restricted to 3 monthly prescribing);
- NOT dispensed by the pharmacist any more often, so dispensing will remain weekly, monthly, or if stable, three-monthly, even if you are travelling overseas;
- NOT transferable between pharmacies;
- NOT available for controlled drugs or sleeping pills;
- NOT available for any drug or condition needing supervision or review;
- NOT recommended with multiple medications;
- NOT available without a prior FULL (longer than 15min) condition-specific consultation (ie separate from any other health problems), then annually, so it WILL NOT reduce costs, it will not reduce pharmacy visits, but it will unacceptably remove the far more important medical supervision (far more important than pharmacy or veterinarian review).

**Essentially, the only time you may be given a 12 month prescription is at my suggestion, so we would appreciate you not asking the Receptionist, the Practice Nurse or the GP for one.**

## **[B] Repeat Prescriptions without a consultation**

These are causing problems related to reduced medical supervision; interruptions with booked patient consultations; legal and privacy issues with emailing; and prescribing and/or dispensing errors. To reduce these problems, and follow the Medical Council of NZ guidelines, there are now newer and stricter “RULES” we insist on, namely:

- Repeat prescriptions are NOT available if you haven’t been prescribed the same medication at the same dose at least twice by me (ie, if you haven’t had a review).
- Repeat prescriptions are NOT available if there has been a change in the dose/quantity, if the health condition has changed or there has been a need to be seen in hospital, ED, A&M, or by telemedicine or ambulance call.
- For routine, stable dose/condition repeat prescriptions, please contact the surgery in the morning, the request will then be processed at 12.30 and if a face-to-face consultation is needed, you will be contacted in order to make an appointment, otherwise the prescription will be available to be collected (and paid for) in the afternoon.
- If you ring in the afternoon, the prescription will not be processed until 12.30 the next day.
- Providing these simplifications are followed, the prescription fee will remain unchanged.
- If the prescription is needed more urgently eg before the next afternoon, an urgent fee of \$45 will be applied. To avoid fully running out, try keeping a week of medication aside.
- Emailing prescriptions will generally only be available for urgent prescriptions, out-of-town pharmacies or special circumstances and will generally attract the urgent fee.

Thank you for your co-operation and hopefully you will enjoy better health outcomes.

Dr Keith T Blayney