

Important information on 12-month prescriptions + a brief note related to ADHD

Hi, from 1st of February 2026, doctors will be able to prescribe some medications for up to 12 months duration, **if it is clinically safe and appropriate to do so**. The pharmacist will still only be able to dispense a maximum of 3 months supply to you at one time (or 6 months if oral contraceptive pills), and you will need to return to the **same** pharmacy for their “repeats” on the same script. Pharmacy fee (\$5) per item may apply to the initial pick up, not on the repeats. The prescribing of controlled drugs (such as ADHD medications, most sleeping pills, codeine, tramadol, etc) remain unchanged, because they are regulated under a different legislation.

As your doctor, we are responsible to use our clinical judgement to determine the safe duration of medication we could prescribe you at any given time, we do this based on your current individual health situation. We will also try to align your prescription duration with your **next planned blood or lab test**, or **next clinical review due date**, whichever is sooner.

Please note that we do NOT want everyone to come in for GP consultation between February and April when you are due your next prescription, as that could overwhelm our service even with 2 new doctors (Dr Hannah Liu and Dr Rays Shen) joining our team. If you have a new medical problem or concern about your condition, or if you feel you would like a check-up, you can book in anytime. However, if you are not needing a consultation and just want a repeat of your usual long term medication, **you can still request a repeat prescription (without booking GP consultation) like usual, and the doctor may still give you more than 3 months script to last until your next clinic review or lab test due date, if it is safe and appropriate to do so.**

Prescription duration is determined on a **case-by-case basis** and remains the doctor’s clinical decision, specific to your condition at that time, but to give you a general idea:

12 months script: Stable 1 or 2 low risk medical conditions on 1 or 2 low-risk medications

6 months script: for patients with medium complexity conditions and risk factors.

3 months (or less) script: controlled drugs, elderly, complex medical conditions, poorly controlled medical condition, polypharmacy (many medications), recent medication change, newly diagnosed condition, conditions needing blood tests to guide treatment adjustments within 3 months, those requiring close monitoring or regular GP visits, etc.

In the first year of implementation, you may receive a shorter duration of prescription as we try to align your next script renewal with your next planned physical check-up or blood testing. As with any new change, our doctors will also take some time to get used to the change and fine tune the decision making over time, we thank you for your understanding.

PS. On a different topic, we are not able to offer ADHD diagnostic services at this stage. We can gather initial information and refer you to someone who can do the assessment and diagnosis.

Kind regards

College Hill Doctors