

Changes to prescribing lengths

What's changing?

Currently

Most prescriptions are given in 3-month instalments and patients need to see their GP for repeats or request them via their patient portal.

From early 2026

GPs and other prescribers will be able to issue some patients with a prescription for 12 months – if it is clinically safe to do so.

Am I eligible for a 12-month prescription?

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.

The decision to extend your prescription length or not, belongs with the prescribing clinician based on the above factors.

Your health and safety will always be at the centre of any decision made by your health care team.

Why is this changing?

This change will allow some patients to get more timely access to the medicines they need; improving access and delivering better outcomes.

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**.

What's not changing?

You will still collect medicines in 3-month instalments from the same pharmacy, but will only need to pay a co-payment fee (e.g. \$5) on the first collection. You will not be able to collect 12 months' worth of your medication at once, even with a 12-month prescription.

Need more information?

Talk to your GP during your next appointment. We're here to help you understand what these changes mean for you.



The Royal New Zealand
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