



## TRANSPORTING AND SHIPPING PRESCRIBED MEDICATION INTO CANADA

### **DISCLAIMER**

---

This document was created to assist people living with HIV in transporting or shipping their medication to Canada. The information presented in this document is applicable to any prescribed medication.

This document is based on the Canadian Food and Drug Regulations which are available in English and French, on the following website: [laws.justice.gc.ca/eng/C.R.C.-c.870/page-4.html](https://laws.justice.gc.ca/eng/C.R.C.-c.870/page-4.html)

ACT cannot assume any legal responsibility. A person with regulated substances with questions about their legal obligations or responsibilities under the Act or Regulations should seek the advice of legal counsel.

---

### **Tourists to Canada transporting prescribed medicines**

People living with HIV who enter Canada on visitor/tourist visas, student visas, or work visas are eligible to bring their medication prescribed in other countries in their luggage or carry on. However, there are standards that must be followed from the Canadian Board Services Agency (CBSA). If you intend to come to Canada carrying prescribed medication, please note:

- Visitors to Canada may bring prescription medication into Canada on their person a single course of treatment, or up to 90 days' supply based on the directions for use.
- The drug must be for the individual's personal use, or for the use of a person for whom they are responsible and with whom they are travelling.

#### **1. The Label**

The drug must be shipped/carried in one of the following:

- hospital or pharmacy dispensed packaging;
- original retail packaging; or
- with the original label affixed to it which clearly indicates what the health product is and what it contains.

Do not try to save luggage space by combining multiple types of medication into a single container. If there is more than one type of medication, each medication must be in its own container, labeled with all the information above.

## 2. The Doctor's Prescription

Carry a copy of the original prescription, in English or French, in case authorities ask for it. The prescription must include:

- name of the person who the medication is prescribed for (patient name),
- name of the medication,
- instructions for use,
- doctor's name and contact information,
- doctor's signature and date.

## Tourist Importing Prescribed Medication to Canada

Visitors to Canada may import into Canada, a single course of treatment or up to 90 days' supply based on the directions for use. The doctor's prescription must be attached to the package. If you intend to import to Canada prescribed medicine, please note:

### 1. Doctor's Prescription

Contact your doctor in your country of origin and ask if they are willing to provide the prescription, in English or French. The prescription must include:

- name of the person who the medication is prescribed for (patient name),
- name of the medication,
- instructions for use,
- doctor's name and contact information,
- doctor's signature and date.

### 2. Package

The medication must be shipped/carried in one of the following:

- hospital or pharmacy dispensed packaging;
- original retail packaging; or
- with the original label affixed to it, which clearly indicates what the health product is and what it contains.

Do not try to save space by combining medications into a single container. If there is more than one type of medication, each medication must be in its own container labeled with all the information above.

### 3. Shipment

Ensure the medication is secure in the proper pack with a doctor's prescription (step 1 and 2). Make sure not to go over the limit of 90 days supply based on



the directions for use. Seal the package and write the address for delivery on the outside of the box.

#### **4. Receiving prescribed medication in the mail**

When the medication has arrived and cleared by customs, you will receive a written notification at the address indicated on the package. The carrier notification will inform you where you should go to receive your mail. To pick up your mail, present valid identification to prove that you are a tourist, such as a passport stamp, Canadian tourist/student visa, letter from Canadian school /or employer.

### **Canadian Citizens, Permanent Residents and Official Refugees**

Prescription medications for legitimate health conditions may come under intense scrutiny by foreign officials. In some countries, drugs that are legal and readily available may be considered illegal in Canada, require a prescription, or may arouse suspicions among local officials, customs and immigration authorities. It is always best to contact the Canadian embassy in the foreign country you are visiting to confirm the status of your medication. If you intent to bring medication back to Canada, please note the following:

#### **Bringing prescription medication back to Canada**

To avoid interrupting a course of treatment, [Health Canada](#) may permit you to return from abroad with a single course of treatment or a 90-days supply, whichever is less based on the directions for use, of a prescription drug. The drug must be for your use or for the use of a person who is travelling with you and for whom you are responsible. The drug must be in hospital or pharmacy-dispensed packaging, the original retail packaging, or have the original label attached to it clearly indicating what the health product is and what it contains.

#### **Bringing over-the-counter medication back to Canada**

You are permitted to import a single course of treatment or a 90-days supply, whichever is less based on the directions for use, of an over-the-counter drug. The drug must be for your use or for the use of a person who is travelling with you and for whom you are responsible. The drug must be shipped or carried in hospital or pharmacy-dispensed packaging, the original retail packaging, or have the original label attached to it clearly indicating what the health product is and what it contains.



### Keep in mind

- Do not buy medication outside Canada unless you have been advised to do so by a health care professional. Ask your doctor where to go for medication refills. Get in touch with your community for programs, services and support available to assist with your health care.
- Canadian citizens, permanent residents and refugees returning to Canada carrying prescribed medication from a foreign country should contact the Canadian foreign government office to make sure the medical supplies you intend to bring are allowed into the country. Upon arrival, go to the Family/Special Needs security line. Screening officers are trained to offer additional assistance.

### Other links:

For a safe and pleasant trip more information is available at the links below:

- Canadian Food and Drug Regulation Act  
[laws.justice.gc.ca](http://laws.justice.gc.ca)
- Information for Travel and Tourism in Canada or abroad  
[travel.gc.ca](http://travel.gc.ca)
- Canadian Citizenship and Immigration  
[cic.gc.ca/english](http://cic.gc.ca/english)
- Find a Foreign Canadian Government Office  
[international.gc.ca](http://international.gc.ca)
- Find HIV and hepatitis services near you  
[aso411.ca](http://aso411.ca)
- Find health care services in your community: walk-in clinic, hospital, emergency room, etc  
[ontario.ca/locations/health](http://ontario.ca/locations/health)

### ACT Resources in Portuguese

- HIV and Immigration in Canada: Frequent Questions & Answers



[actoronto.org/home.nsf/pages/imigracao](http://actoronto.org/home.nsf/pages/imigracao)

- HIV Anonymous Test Information  
[actoronto.org/home.nsf/pages/fazeroteste](http://actoronto.org/home.nsf/pages/fazeroteste)
- HIV Anonymous Test Location in Toronto  
[actoronto.org/home.nsf/pages/act.docs.2256](http://actoronto.org/home.nsf/pages/act.docs.2256)

### **Sexual Health Infoline\***

- **To speak to one of the counsellors, please call:**  
In Toronto: 416-392-2437  
Toll free: 1-800-668-2437  
**Hours of operation**  
Monday to Friday: 10 a.m. – 10:30 p.m.  
Weekends: 11 a.m. – 3 p.m.  
Closed on statutory holidays.  
[\\*Service not available in Portuguese](#)

### Portuguese-Speaking Men's Outreach Program

p. +1 (416) 340 8484 ext 242  
w. [actoronto.org/portugues](http://actoronto.org/portugues)  
e. [portugues@actoronto.org](mailto:portugues@actoronto.org)  
f. ACT.Portugues

Last update: May 19, 2015 by Bruno Bini

