



11. Holiday Arrangements within NZ*

To ensure your medication supply throughout your holiday the first thing you need to do is:

Plan ahead

If you're planning to go away

You need to tell your key worker of the exact date and destination four weeks before you leave. This gives enough time for the transfer of your script to a pharmacy at your holiday destination. Four weeks might seem like a long time; it's to allow for finding a suitable pharmacy and giving them time to order in OST meds.

While you're away

Be aware that pharmacies around NZ do things differently. For example:

- Some regions use a different methadone formulation than we get in Auckland, but even if it tastes and looks different (because it's got added colour and/or sugar), your dose will remain the same.
- Some pharmacies dilute methadone. Although your AOTS script will have 'do not dilute' on it, some pharmacists will dilute anyway. You can ask them not to but it's not worth getting into a hassle over. Your dose will be the same.

The pharmacist dispensing your methadone can't change your script without authorisation from an AOTS doctor. In an emergency you can contact your key worker or your local AOTS Team to see whether or not it's possible to make a change.

Take some ID with you. The advantage of using your drivers' license is that it has your photo on it whereas something like your community services card doesn't. Try to have photo ID wherever possible.

If you're in the stabilisation/restabilisation phases of treatment you might not be eligible for holiday prescriptions. Check with your key worker.

If it's a public holiday and you're staying in Auckland, check the opening hours of the pharmacy you attend. Some close early, some don't open at all! It's also handy to know the hours of the AOTS pharmacy.

* If you're planning to go overseas please read *Information Sheet 12 Travelling Overseas*.

Also available:

1. Opioid treatment with AOTS
2. Facts about methadone
3. First methadone dose and stabilisation
4. Accidental overdose
5. Ongoing Opioid Substitution Treatment (OST)
6. Indicators of stability
7. Clinical tests: blood, urine, etc.
8. Restabilisation
9. Pharmacy dispensing
10. Changes to prescriptions
11. Holiday arrangements within NZ
12. Travelling overseas
13. Methadone takeaways
14. Shared Care with your GP
15. Thinking about coming off?
16. Involuntarily withdrawal
17. Pregnancy and opioid treatment
18. Methadone and medication interactions
19. Driving and OST
20. Finding a GP

Facts about buprenorphine (Suboxone®)

Suboxone® treatment with CADS

Need to know more?

If you need more information about holiday arrangements speak to your key worker. For more information sheets, see CADS reception or visit the CADS website - www.cads.org.nz/More/Brochures.asp