



Emergency Medical Treatment

UK does not have reciprocal arrangements with USA.

Travel Insurance

Because no reciprocal arrangements are in place you are strongly advised to take out insurance to cover any risk related to your epilepsy.

You will need to shop around to get the best level of cover. Different insurance companies offer different levels of cover at widely differing costs and restrictions. A good starting point is to get a quote from the Post Office by visiting your local Post Office, by calling free on 0800 169 9999 or online at www.postoffice.co.uk

Taking Medicines into U.S.A

You should not have any trouble taking your prescribed drugs into U.S.A. Carry your medicines in a correctly labelled container which has been issued by a pharmacist.

A letter from your doctor or Epilepsy Specialist Nurse explaining your need to take medicine would be useful if you are challenged by Customs. (Your doctor may make a charge for such a letter).

Time Difference

Travelling to and in the USA involves passing through several time zones and so established sleep patterns are interrupted. Take care to take your medication at the usual prescribed intervals so that seizure control is kept at the optimum level.

The time difference between UK and the USA varies between -5 to +10 hours.