



Remote Prescribing — Rules Card

What may be prescribed without seeing the patient, what may not, and how the prescription reaches the pharmacy safely

Conditions for any remote prescription

- Identity verified with two identifiers; the patient's record and current medicine list are in front of you (reconcile — Toolkit 4).
- The consultation allowed adequate assessment for this medicine; if it did not, book in person.
- Allergies and interactions checked; the patient understands dose, duration and warning signs (teach-back).

May be prescribed remotely	Requires in-person assessment first	Never remotely
• Repeat prescriptions for a stable condition reviewed within the last 12 months • Antibiotics for clinically clear infections where examination is not essential (with AWaRe — Toolkit 11) • Contraception (established) • Antihypertensives, statins, diabetes medicines with recent readings and tests • Inhalers for known asthma/COPD • Antidepressants — follow-up prescriptions with a safety check • Topical treatments with a clear photo	• Any first prescription of a controlled drug (opioids, benzodiazepines, stimulants) • Injectable medicines the patient will self-administer for the first time • Medicines needing baseline tests (e.g. methotrexate, lithium, anticoagulant initiation) • Antibiotics where examination determines the diagnosis (ear, throat swab, chest, urinary in men or children) • Anything for a child under 1 • Medicines for a pregnancy-related condition	• Prescription requested for a third party not present • Prescription without access to the record • Prescription for a patient the clinician has never assessed by any means • Controlled drugs by phone alone • Medicines outside the clinician's competence

Transmission and record

- Electronic prescription to the pharmacy through the system, or a signed prescription by secure means; never a photo of a prescription sent by open messaging.
- The prescription, indication, and the fact that it was a remote consultation recorded in the notes within 24 hours.
- Controlled drugs, where permitted remotely for follow-up, in quantities for the shortest safe period with a stop or review date.

Confirm against national prescribing law, which may be stricter. Note the national rules on this card.

ASF standards: Telemedicine Standard 4 — prescribing (means of verification: policy, chart audit)