



30-Day Medication Supply Update

Easing away from the 30-day medication supply recommendation over the next two weeks

News release

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On March 19, 2020, the Newfoundland & Labrador Pharmacy Board (NLPB) provided guidance to pharmacists and the public that a 30-day supply of medication was recommended in order to protect the public's health interest as we proceed through the COVID-19 pandemic. This temporary measure was made purely in the best interest of the public's health and safety. NLPB is pleased to report that due to a nationwide effort to protect drug supply, medication inventories appear to be stabilizing and returning to pre-pandemic quantities. Over the next two weeks, the 30-day supply recommendation is being eased away from on condition that pharmacists have the supply they need on hand to provide patients with a longer days' supply; it is important to note that some restrictions may still apply depending on specific drug shortages that occur.

Part of the ongoing assessment NLPB has been doing surrounding the 30-day supply recommendation has been based on information received from regular meetings with Health Canada, drug manufacturers associations and distributors. At this point in time, information suggests that the national drug supply is stabilizing and will continue to improve over the next two to four weeks.

Patients' best interests remain our number one priority. In collaboration with the Pharmacists' Association of Newfoundland & Labrador (PANL) and other healthcare partners we have decided to ease away from the 30-day supply recommendation over the next two weeks.

"Thank you for your patience and understanding surrounding the 30-day supply recommendation," says NLPB Registrar Margot Priddle. "We are aware of the challenges that accompanied this tough and temporary decision but it was a vital measure taken nationally to protect access to necessary medications for Newfoundlanders and Labradorians."

While the 30-day supply recommendation is diminishing, NLPB will continue to closely monitor drug supply and the overall healthcare environment associated with this pandemic and will respond accordingly should access to medications become compromised.

What this means for patients?

- Once your current supply of medications is due to be renewed contact your pharmacy to arrange for your refill. If you are sick or require alternative medication pick-up or delivery options please advise your pharmacy team.
- To avoid an unnecessary inventory demand, do not request your medication refill until it is due-- this will enable your pharmacy team to continue to protect the drug supply.
- Your pharmacist will use their professional judgement-- as they always have-- to determine whether there is adequate supply of your medication to dispense in a longer days' supply. Some specific drugs may still experience shortages necessitating pharmacy professionals to dispense a limited amount.
- Please be understanding and have patience with your pharmacy team as they are doing their best to ensure safe and quality pharmacy care throughout the COVID-19 pandemic.

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About the Newfoundland & Labrador Pharmacy Board

The Newfoundland & Labrador Pharmacy Board continues to build on over 100 years of pharmacy practice regulation within Newfoundland & Labrador. Our actions are carefully made in accordance with our mandate to protect the public's health interest in the province.

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