

IMPORTING HEALTH PRODUCTS INTO CANADA FOR PERSONAL USE AS A VISITOR



DID YOU KNOW?

Health product imports may be subject to inspections when entering Canada under the provisions of the *Food and Drugs Act*.

WHAT TYPES OF HEALTH PRODUCTS ARE REGULATED UNDER THE *FOOD AND DRUGS ACT*?

- Human and veterinary drugs including prescription and over-the-counter (OTC) drugs
- Medical devices
- Natural health products (NHP)
- and more

WHAT IS MEANT BY PERSONAL USE?

Bringing a health product for:

- Your own use
- Use of a person/animal under your care or travelling with you

IMPORTING FOR PERSONAL USE:

- Residents of Canada are not allowed to bring prescription drugs into Canada for people or animals by mail or courier.
- Residents and visitors are allowed a 90-day supply or single course of treatment of an OTC medication, NHP, veterinary health product (VHP).
- Medical devices are not subject to restrictions, however, they should not require the direct oversight of, or administration by, a trained operator, otherwise it may be considered a commercial import.



As a regulated party, you are responsible for ensuring that health products imported into Canada meet the requirements of the applicable Canadian law. Always check Health Canada's official website for current regulations information.



IMPORTING HEALTH PRODUCTS INTO CANADA FOR PERSONAL USE

For information on the personal importation of health products, see **Health Canada's GUI-0116**:



Health Canada Santé Canada

Canada

VISITORS TO CANADA:

Visitors entering Canada may bring a personal quantity (single course of treatment or a 90-day supply based on the directions for use, whichever is less) of a prescription drug for their own use or for the use of a person or animal under their care and with whom they are travelling.

Visitors staying in Canada for more than three months may bring into Canada an additional 90-day supply of a health product every three months for their own personal use by mail or courier.

Visitors to Canada must be ready to provide proof of their status. Proof includes documents such as:

- a copy of your foreign passport
- student or work visa, or
- letter from an employer or university

If the drug is mailed to you, you are encouraged to include a copy of any of the above documentation in the package and indicate on the outside of the shipping package that it is destined to a visitor in Canada.

Are there shipping or packaging requirements?

Health products you bring into Canada for personal use must either:

- be in the package dispensed by the hospital or pharmacy
- be in the original retail package, or
- have the original label attached to it (the label must clearly say what the health product is and what it contains)

TRAVELLING INTO CANADA WITH A NARCOTIC OR CONTROLLED DRUG:

Travelling into Canada with a narcotic or controlled drug

If you want to travel to Canada with a medication that contains a narcotic or controlled drug, you must meet the exemption under section 56 of the *Controlled Drugs and Substances Act* (CDSA).

You can bring whichever amount of medication is less:

- a single course of treatment of a narcotic or controlled drug, **or**
- a 30-day supply of a narcotic or controlled drug, based on the usual daily dose



You **cannot** send products containing a narcotic or controlled drug into Canada by mail.

If your stay in Canada is longer than 30 days, you will need to see a physician in Canada to get a prescription.

TRAVELLING WITH MEDICATION:

<https://travel.gc.ca/travelling/health-safety/medication>



For questions about importing health products, contact the Health Products Border Compliance Program:

Email: healthproduct-import-produitsante@hc-sc.gc.ca

Phone: 1-833-622-0414 (Canada or U.S.A.)

204-594-8061 (all other countries)
