



29 January 2026

MAA/RI/2026/01 – RA 2135 – Aircrew and Supernumerary Crew Medical Requirements - Use of Over the Counter Medication.

References:

- A. RA 2135 – Aircrew and Supernumerary Crew Medical Requirements, Issue 13.
- B. AP 1269A – Manual of Assessment of Medical Fitness, published 07 January 2026.

Issue

Reference B has been updated with the addition of a list of permitted Over the Counter (OTC) medication. Regulation prohibits the use of OTC medication unless approved by a Military Aviation Medical Examiner and will continue to do so until updated by publication of the next issue of Reference A.

Scope

This Regulatory Instruction (RI) aligns Regulation with current medical policy.

Aim

The aim of this RI is to permit the Regulated Community to benefit from the change to medical policy without delay.

Implementation

This RI is effective immediately.

Background

Medical policy has changed in the latest issue of Reference B to permit the use of some OTC medications, however, Regulation will not permit this until the next issue of Reference A, to be published in March 2026.



RA 2135 Amendment

Pending the publication of Issue 14 of Reference A, the following amended sub-paragraphs 38.b and 38.c apply:

**Acceptable
Means of
Compliance
2135(7)**

Temporary Medical Restrictions to Flying Duties

38. Aircrew and Supernumerary Crew **should not**:

- a. Take any prescription medicine, drugs, tablets, remedies, or nicotine replacement therapy before flying unless prescribed or approved by a MAME.
- b. Use any over-the-counter (OTC) medicines, drugs, tablets, or remedies within 24 hours of reporting for flying duties unless ►**they are listed in AP 1269A - Leaflet 5-19: Annex I¹, or are otherwise**◀ approved by a MAME, as the effect on an individual's fitness-to-fly may not be immediately apparent.
- c. Use any dietary supplements, homeopathic remedies or alternative medicines unless ►**they are listed in AP 1269A - Leaflet 5-19: Annex I¹, or are otherwise**◀ approved by a MAME.
- d. Fly for 7 days after a general, spinal, or epidural anaesthetic, or for 12 hours after a local or regional (dental) anaesthetic, unless the period is extended in consultation with a MAME.
- e. Fly for 12 hours after acupuncture treatment.
- f. Fly for 36 hours after donating blood, or as directed by a MAME.
- g. Fly for 24 hours after the application of mydriatic eye drops or agents (14 days in the case of atropine).
- h. Fly for 7 days after the donation of bone marrow or stem cell harvesting, after which they should consult a MAME prior to return to flying duties.

Queries

Any observations or requests for further guidance on the content of this RI should be submitted by email to DSA-MAA-MRPEnquiries@mod.gov.uk

DSA-MAA-OpAssure-Hd

¹ ►Refer to AP1269A - Leaflet 5-19: Annex I - Tri-Service OTC Treatments Guide.◀



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