



17 February 2026

MAA/RI/2026/02 – RA 3203 – Military and MOD Contracted Civilian Controller Medical Requirements - Use of Over the Counter Medication.

References:

- A. RA 3203 – Military and MOD Contracted Civilian Controller Medical Requirements, Issue 5.
- B. AP 1269A – Manual of Assessment of Medical Fitness, published 07 January 26.

Issue

Reference B has been updated with the addition of a list of permitted over the counter (OTC) medication. Extant Regulation (Reference A) currently prohibits the use of OTC medication unless approved by a Military Aviation Medical Examiner. This Regulatory Instruction therefore bridges the gap between Regulation and revised medical policy / guidance until the Regulation can be appropriately updated.

Scope

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

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

While paragraph 1 of Reference A already directs Air Traffic Controllers to apply any AP 1269A guidance written for Aircrew equally to them, recent medical policy changes in the latest issue of Reference B now permit the use of certain OTC medications. This change is not yet reflected in Regulation and therefore, the official regulatory position will remain unchanged until the next issue of Reference A. Reference A will, however, not be released before September 2026 owing to separate ongoing discussions with the Command Flight Medical Officer regarding an unrelated Request for Change.



RA 3203 Amendment

Pending the publication of Issue 6 of Reference A, the following amended paragraph 32 applies:

**Acceptable
Means of
Compliance
3203(4)**

Temporary Medical Restrictions to Controlling Duties

32. Controllers **should not**:

- a. Take any prescription medicine, drugs, tablets, remedies, or nicotine replacement therapy before reporting for controlling duties, unless they have been prescribed or approved by a MAME.
- b. Use any over the counter (OTC) medicines, drugs, tablets, or remedies within 24 hours of reporting for controlling 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-control 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.

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

MAA Head Regulation and Certification

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



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