Nurtec

Dubai · access guide

How to access Nurtec ODT from Dubai, the named-patient import pathway, 2026

By Reserve Meds · Clinical & regulatory team · Last reviewed 2026-04-23

A Dubai patient living with frequent, disabling migraine attacks may receive a prescription for Nurtec ODT (rimegepant) from their treating neurologist or headache-clinic physician. Nurtec is FDA-approved for both the acute treatment of migraine with or without aura and the preventive treatment of episodic migraine in adults. It is manufactured by Pfizer (Biohaven Pharmaceutical) and is the first oral CGRP receptor antagonist approved for dual-use, acute and preventive, in a single molecule. In Dubai, Nurtec may not yet be routinely stocked through hospital formularies for every indication, which is why your physician may be navigating a named-patient import pathway with you.

This guide explains the legal pathway, what your physician needs to provide, typical timelines, and where Reserve Meds fits in.

The clinical situation

Nurtec is an orally disintegrating tablet taken as 75 mg for an acute attack (up to a maximum of one dose per 24 hours) or every other day for migraine prevention. It belongs to the gepant class, small-molecule CGRP receptor antagonists, and is generally preferred for patients who cannot tolerate triptans, have cardiovascular contraindications, or need an option that works for both rescue and prevention from a single prescription. Eligibility is a clinical decision made by your treating neurologist based on attack frequency, disability, prior therapy history (triptans, preventives), and comorbidities.

Is Nurtec legally importable into the Dubai?

Yes, through the UAE Ministry of Health and Prevention (MoHAP) named-patient import framework. The pathway allows a the Dubai-licensed (under DHA) physician to request import of a medicine not broadly registered locally when: (a) the medicine is approved by a recognised reference authority (FDA qualifies), (b) no locally registered alternative is clinically equivalent for the patient, (c) the physician takes clinical responsibility, and (d) chain of custody is documented through a licensed importing entity.

For Nurtec specifically, the application is straightforward because the product is an oral tablet with no special handling, cold-chain, or REMS requirement. Most applications are processed as part of routine MoHAP named-patient workflows.

How the pathway works, step by step

1. **Consultation with your treating neurologist.** Diagnosis (migraine with or without aura per ICHD-3 criteria), prior-therapy documentation, and the clinical rationale for Nurtec.
2. **MoHAP named-patient application.** Your physician or the importing pharmacy files the application with MoHAP including clinical letter, patient identifier, and product details.
3. **US-side sourcing.** Reserve Meds coordinates with our US-licensed specialty wholesale partner to secure the product from the manufacturer's authorised distribution chain.
4. **Shipment.** Nurtec ships at controlled room temperature; no cold-chain is required.
5. **Arrival and dispensing.** The receiving facility dispenses per your neurologist's direction.

What documentation your physician needs

Your physician will typically need to provide:

- Clinical rationale letter confirming migraine diagnosis, frequency of attacks, prior triptan or preventive therapy trials, and Nurtec as the indicated treatment
- Verification of the DHA medical licence (Dubai emirate)
- Patient identifier
- Prescribed regimen (acute, preventive, or dual)

Reserve Meds provides a physician documentation kit that bundles the templates most MoHAP reviewers expect to see. Your neurologist does not need to have prior named-patient experience; the kit is designed to make a first-time application straightforward.

Costs and timing

Nurtec's US cash-pay drug-only reference price sits in a broad indicative range, roughly USD 900-1,000 for an 8-tablet carton. Shipment, documentation, and concierge coordination add incremental cost; Reserve Meds issues a full transparent quote at the start of intake. Indicative range.

Indicative timing for the first dispensed supply after cohort intake opens is 14-21 days from the moment a complete application is submitted to MoHAP. Refills ship on a rolling basis once the pathway is established.

Fulfillment availability is limited to our first cohort, and all timelines published on this site are indicative. If your clinical situation is time-sensitive, tell us at intake. We triage accordingly.

Reserve Meds's role

Reserve Meds is a US-based concierge coordinator for cross-border specialty medicine. For Nurtec specifically, we provide:

- **Sourcing.** Through our US-licensed specialty wholesale partner, operating under DSCSA chain-of-custody.
- **Documentation.** Regulatory documentation package for your physician and for MoHAP review.
- **Logistics.** Controlled-room-temperature shipment coordination.
- **Concierge case lead.** A named point of contact for your family and your physician.

What we do not do: We are not the prescriber. We do not practise medicine. We are not the dispensing pharmacy. All clinical decisions remain with your treating neurologist.

Frequently asked

Is this legal in Dubai? Yes, when executed through the MoHAP named-patient framework with appropriate documentation. The pathway is well-established for specialty medicines not yet routinely registered locally.

Do I need to try triptans first? That is a clinical decision for your neurologist. Many Dubai specialists prefer to document a triptan trial before moving to a gepant, but some patients present with clear triptan contraindications from the start.

How is this different from Ubrelvy or Qulipta? All three are gepants. Nurtec uniquely carries both acute and preventive approval. Ubrelvy is acute-only; Qulipta is preventive-only. Your neurologist chooses based on your migraine pattern and which regulatory label best matches.

Will private insurance cover this? Cash-pay is the default. Some Dubai private insurers reimburse named-patient imports; we supply documentation for your submission but do not process insurance claims directly.

Reserve Meds's role

US-based concierge coordinator for cross-border specialty medicine. We are not the prescriber, not the dispensing pharmacy, and not the manufacturer. All clinical decisions remain with your treating physician.

reservemeds.com · hello@reservemeds.com