

A Guide to your Just in Case Medication

What is Just in Case medication?

Just in Case medication is a small supply of medicines kept in your home for times you may need them.

You may find that you never need them, but it can be difficult to get them quickly when they are required, for example at night or weekends.

Just in Case medication can be useful for treating one or more symptoms, such as pain, anxiety or sickness. It is very helpful to have them ready – just in case.

These medications can only be given by a Nurse or Doctor responsible for your care.

What are the Just in Case medicines?

They are a set of four different types of injections that can be given if needed to treat your symptoms. They are:

- Morphine or Oxycodone for pain or shortness of breath
- Cyclizine or Levomepromazine for sickness
- Glycopyrronium for secretions in the throat or chest
- Midazolam for restlessness and anxiety

There will be a Just in Case medicine administration sheet, authorising your Nurse to give you medication by injection if you should need it. If you are given one, please keep the administration sheet with the medicines.

How do I look after my Just in Case medicines?

- Always keep them out of the sight and reach of children
- They don't need to be kept in the fridge, but should be kept in a cool, dry place, away from direct heat or light and not above 25c
- The medicines have been prescribed for you and must not be given to anyone else
- If you think the medicines are no longer needed, check with your Nurse before taking them to the Pharmacy. Your Pharmacist will ensure they are disposed of safely

Any questions?

If you have any questions, please feel free to ask your Nurse or GP.

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