

# Palliative Care Patients

## A guide to 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, anxiety or seizure
- Occasionally other medications may be used depending on your individual needs

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 sight and reach of vulnerable adults and children
- They don't need to be kept in the fridge (unless instructed otherwise), 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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For further information on confidentiality contact the Information Governance Team  
**01228 603961** [Information.Governance@ncic.nhs.uk](mailto:Information.Governance@ncic.nhs.uk)

## Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or concerns to make about your care, please contact the Patient, Advice & Liaison Service: [PALS@ncic.nhs.uk](mailto:PALS@ncic.nhs.uk) | **01228 814008** or **01946 523818**

If you would like to raise a complaint regarding your care, please contact the Complaints Department: [Complaints@ncic.nhs.uk](mailto:Complaints@ncic.nhs.uk) | **01228 814018**

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