

## Useful telephone contact details

ROLE	NAME	CONTACT NUMBER
GP		
District Nurse		
Nurse Specialist		

Other local useful contacts out of hours

# ‘Just in case’ medication



Information leaflet for  
patients and carers

## What is this leaflet about?

Sometimes it can be difficult to get the medicines you might need in a hurry, especially at night or at weekends, so it is helpful to have them ready – “just in case”. This leaflet explains why you have been given some “just in case” medication and how to look after it.

## Why have I been issued with the “Just in case” medication?

The medicines you have been prescribed will help your District Nurse and/or GP to act quickly if you cannot take your usual tablets and develop symptoms such as pain or sickness. The medicines are ones that are effective when given into the skin by a small needle. Most people find this reassuring. With it there will be some information and prescription (sometimes called a SPAR booklet) for the nurse and doctors looking after you. The booklet tells them what to give you and when to give it. It also allows them to record when they have given you something.

## What are the “Just in case” medicines?

There are a number of boxes containing ampoules of several different medications. These include:

- Morphine Sulphate to relieve pain
- Levomepromazine (Nozinan ®) or Cyclizine (Valoid ®) to relieve feeling or being sick
- Glycopyrronium (Robinul ®) to relieve secretions in the chest
- Midazolam to relieve anxiety and restlessness
- Water – to help give medicines to you.

## Who provides the “Just in case” medicines?

Your GP or District Nurse will have authorised its use. They will review if you need its contents on a regular basis. The “just in case” medicines will come from a local pharmacy (chemist) who has been authorised to provide them, so it may not come from the pharmacy you usually use. They may come in a sealed bag, with your name and a list of the medicines it contains on the outside. Please do not try and open it. The bag will only be opened by the team caring for you if it is needed.

Your caring team will check the medicines on a regular basis to make sure the medicines are accounted for.

## How do I look after my “Just in case” medicines?

The medicines should be kept in a safe place out of the reach of children and pets. It does not need to be kept in the fridge but should be kept in a cool and dry place. Please make sure the nurses looking after you know where you have decided to keep the medicines.

## Should I stop the medicines I am taking at the moment?

**NO.** The “just in case” drugs are not used to replace your usual medication, which you should continue to take as directed by your nurse or doctor. **They can only be given to you by a nurse or a doctor. They should not be given to you by a relative or carer.**

Some people will never need the medications prescribed in this way. They are there “just in case.” **They are only for use by you and should not be given to anyone else.**

## What should I do with the “Just in case” medication when it is no longer needed?

When the medicines are no longer needed they **MUST** be returned to a pharmacy for destruction. Where possible this should be the pharmacy who issued the medicines, (the name and address of the pharmacy concerned will be on the medicine’s label).

If the pharmacy that issued the bag is too far away or you are not sure which pharmacy it is, the medication can be returned to any pharmacy for destruction.

As the “just in case” medication belongs to you it must be returned to the pharmacy by you or someone close to you. It cannot be returned to the pharmacy by a professional looking after you. They must **not** be disposed of with the household waste.