

Contact details

Palliative Care
01202 442457

You may find it helpful to list your contact details here:

GP Surgery.....

GP Phone Number.....

Forest Holme Hospice Evenings/weekends (Out of hours)
01202 448115

Macmillan Unit, Christchurch Evenings/weekends (Out of hours)
01202 705470

Oak haven Hospice Evenings/weekends (Out of hours)
01590 670346

For further general health-related information, please ask the relevant department for an information prescription or contact:

Patient Experience
Poole Hospital NHS Foundation Trust
Longfleet Road
Poole
Dorset BH15 2JB

Telephone: 01202 448499

www.poole.nhs.uk

We can supply this information in other formats, in larger print or have it translated for you. Please call the Patient Experience Team on 01202 448499 or email patientexperienceteam@poole.nhs.uk for advice.

If you wish to make any comments or to ask about any research evidence used to write this leaflet, please contact the Patient Experience Team on 01202 448499, write to the Patient Experience Team (address above) or email patientexperienceteam@poole.nhs.uk.

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'Just in Case' Injectable Medication for Symptom Control

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Palliative Care Patient and family information

'Just in Case' Injectable Medication for Symptom Control



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What is 'just in case' injectable medication?

Sometimes doctors or nurses looking after you will give you a small supply of injectable medication to keep at home. These are sometimes called 'anticipatory' or 'just in case' medications. These medications will only be given by a Doctor or nurse. These are used in end of life and palliative care. You may never need these medications but keeping them at home avoids any delays getting them prescribed and collected from a pharmacy, especially at night or at weekends.

The medicines supplied could include:

- **Morphine or Oxycodone** or an alternative drug – To reduce pain and/or shortness of breath
- **Midazolam** – to help ease restlessness
- **Levomepromazine** or an alternative anti-sickness drug to help with sickness or feelings of sickness (nausea)
- **Glycopyrronium** – to reduce the saliva or moisture in the throat or chest that may cause noisy breathing.

You may not have all these medications supplied or you may have some not mentioned in this list. It will depend on your condition and symptoms. Your doctor or nurse will be able to explain your medication to you.

Why are they prescribed in injectable form?

You may be taking medications as tablets or liquids by mouth to manage your symptoms. Your doctor or nurse wants to make sure that if it becomes difficult to take your medications by mouth, you can still receive the medication you need. An injection just under your skin (subcutaneous) is an alternative way for you to be given the medications.

You will be given a Community Drug Prescription chart to go with your 'just in case' medication. This is for the District Nurse or Doctor. Store these together, in a safe place where, you and your family know where to find them. District nurses will come and administer them. Please do not touch or open the injections/medicines

When to call for help?

If you have symptoms' which could include pain, restlessness/agitation, vomiting/nausea, excess secretions (noisy/bubbly sounds in the chest or throat) and they are not controlled with oral medicines you have been prescribed, or you are not able to swallow

Monday to Friday 9am to 5pm call the District Nurse team at your GP Surgery

Evenings/weekends (Out of hours) and Public Holidays call District Nurses On 07789271903

Remember to explain that you have a pack of "just in case medications"