

**“Just in Case”
Injectable Medicines
(Anticipatory Medicines)**



What are "Just in Case" medicines?

"Just in Case" medicines are usually suggested for people with serious underlying health conditions who become less well and may be approaching the end of life. They are medications to help manage symptoms if they occur.

"Just in Case" medicines are usually given by injection under the skin (subcutaneously) and are prescribed for you in case you are not able to take medications by mouth. They are also known as anticipatory medications.

They may replace your current medication or be used alongside them.

They are given to you to be kept in your home "just in case" you need them one day. The medicines may vary from patient to patient and some people may not need them at all, but it can be difficult to get these drugs in a hurry, especially at night or at weekends, so it is very helpful to have them ready—just in case.

What are the medicines for?

The symptoms patients may experience are:

Indications	Medications
Pain	Morphine Sulphate, Oxycodone
Breathlessness	Morphine Sulphate, Midazolam
Respiratory secretions causing noisy breathing	Hyoscine Butylbromide, Glycopyrronium
Sickness & vomiting	Haloperidol, Levomepromazine
Anxiety/distress	Midazolam

The choice of medications will be personalised to your needs.

Who will prescribe your "Just in Case" medicines?

Your "Just in Case" medicines will be prescribed by your GP and obtained from your local pharmacy. If you are discharged from hospital, the doctors may provide "Just in Case" medicines for you to bring home.

Who will administer your "Just in Case" medicines?

"Just in Case" medicines can only be administered by a trained professional e.g. A nurse, paramedic or doctor. The injections will usually be administered by a community nurse (district nurse).

An electronic Urgent Care Plan may be created for patients to document their future care wishes and this includes "Just in Case" medicines if these are available in the home. The care plan is shared with other relevant healthcare professions such as paramedics in order for symptoms to be managed appropriately at home. Patients do not have to have an Urgent Care Plan to have "Just in Case" medicines at home.

What else will be included with your "Just in Case" medications?

A Medication Authorisation and Administration Record (MAAR) chart will be needed to administer the medications, this is usually kept in the district nurse's folder. The nurses may also leave a supply of equipment to administer these medications.

How to look after your "Just in Case" medicines.

The "Just in Case" medicines have been prescribed for you and should not be given to or taken by anyone else.

Keep your "Just in Case" medicines in a safe place out of reach of children or vulnerable adults. They do not need to be kept in the fridge.

If/or when the medication is no longer required, the medications should be returned to the pharmacy. However, if you are unsure about anything, please do not hesitate to contact the Palliative Care team or the district nurses.

Contact Details:

Community Palliative Care Team (24hours):
0800 368 7848 (Freephone)