



# Just in Case Medication



## Information leaflet for Patients and Carers



### Options available

If you'd like a large print, audio, Braille or a translated version of this leaflet then please call:

**01253 955588**

Our Four Values:

People Centred

Positive

Compassion

Excellence

## **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.

## **Who provides the “Just in Case” bag and why is it sealed?**

Blackpool Teaching Hospitals, Trinity Hospice, your GP or District Nurse will have authorised its use. Your GP or District Nurse will review if you need its contents on a regular basis.

The “Just in Case” bag will usually come from a local pharmacy (chemist) who has been authorised to provide them, so it may not come from the pharmacy you usually use. Alternatively, you may be discharged from hospital or Trinity Hospice with a “Just in Case” bag. The bag will arrive sealed, with your name and a list of the medicines it contains on the outside. Please do not try and open it.

## **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.*

## **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. They do 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 label on the medicine’s labels).

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.

This medication must **not** be disposed of with the household waste.

## Useful Telephone Contact details

ROLE	NAME	CONTACT NUMBER
GP		
District Nurse		
Nurse Specialist		

Healthcare out of hours / Care Co-ordinator **01253 955750**  
(Fylde Coast Medical Services FCMS)

Preston Primary Care Centre **01772 788058**

Blackpool Victoria Hospital switchboard **01253 300000**

Trinity Hospice Advice line **01253 359379**

Trinity Hospice switchboard **01253 358881**

Health care Out of Hours (Bay Urgent Care): **0300 123 1144**

University Hospitals of Morecambe Bay  
(Royal Lancaster Infirmary site) **01524 65944**

St John's Hospice switchboard: **01524 382538**

## Options available for different versions of this leaflet

If you would like a large print, audio, Braille or a translated version of this leaflet please call **01253 955588**

For further information or advice please contact: either:  
Patient Relations Department at Blackpool Teaching  
Hospitals

Telephone number: 01253 955588  
Email: [patient.relations@bfwh.nhs.uk](mailto:patient.relations@bfwh.nhs.uk)  
Post: Patient Relations Department,  
Blackpool Victoria Hospital,  
Whinney Heys Road, Blackpool  
FY3 8NR

Clinical Director at Trinity Hospice

Telephone number: 01253 358881  
Email: [enquiries@trinityhospice.co.uk](mailto:enquiries@trinityhospice.co.uk)  
Post: Clinical Director, Trinity Hospice,  
Low Moor Road, Blackpool, FY2 0BG



## Useful contact details

Hospital Switchboard: **01253 300000**

### Patient Relations Department

The Patient Relations Department offer impartial advice and deal with any concerns or complaints the Trust receives. You can contact them via:

Tel: **01253 955589**

email: **patient.relations@bfwh.nhs.uk**

You can also write to us at:

**Patient Relations Department, Blackpool Victoria Hospital,  
Whinney Heys Road, Blackpool FY3 8NR**

Further information is available on our website: **www.bfwh.nhs.uk**

### References

This leaflet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this leaflet are available on request from: **Procedural Document and Leaflet Coordinator 01253 953397**

**Approved by:** Medicine Mgt Committee  
**Date of Publication:** 21/08/2015  
**Reference No:** BTH417 - PL/763 (v2)  
**Author:** Dr Susan Salt  
**Review Date:** 01/08/2018

