

CONTACT LIST

These names/ numbers may be useful to keep handy:

Community Macmillan Specialist Palliative Care Team

Tel: 01482 247111 (Hull)

Tel: 01472 250623 (Grimsby)

Tel: 01724 454392 (Butterfly Line for North Lincolnshire)

Emergencies: 999

District Nurse:

Tel: 01482 247111 (Hull)

Tel: 01472 256780 (Grimsby)

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Pharmacy

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GP

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GUIDE TO YOUR 'JUST IN CASE' MEDICATIONS



What are the 'Just in Case' medications?

'Just in Case' medications are a small supply of specific medications (such as painkillers) that are kept in your home 'just in case' you need them one day.

Sometimes it may be difficult to get hold of these medications quickly, especially at the weekend, or on an evening, so it is very useful to have them ready – just in case.

Have I been given these medications because I am going to need them soon?

No, not necessarily. The 'Just In Case' medications are a 'back up', and may not be used for many weeks, if at all.

If I go into hospital, should I take these medications?

No. Leave these medications at home. If you need any of these medications while you are in hospital, they will provide them for you.

Are these 'Just in Case' medicines to be used *instead* of my usual medications?

No. 'Just in Case' medicines are provided so that, if you have trouble taking your medication by mouth during the next few weeks, your nursing team/GP will be able to treat you quickly and effectively (using injected medicines instead).

Who will know when to use the medicines?

A qualified healthcare professional will make the decision to give medication after discussion with you and /or your carer. If you feel the medication is needed, contact the community nursing team (for an assessment).

Where should I keep the 'Just in Case' medicines?

The 'Just in Case' medicines should be kept in a safe, secure environment, well away from the reach of children (e.g., at the top of a cupboard)

What happens to the 'Just in Case' medicines if they are not needed?

If the 'Just in Case' medications are no longer needed, they must be returned to a local community pharmacy for disposal. They must *NOT* be used for somebody else, or disposed of in your household waste. It should be noted that it is the responsibility of the patient and their family/carer to return the medications to a pharmacy.

The pharmacies cannot accept any injectables (such as needle tips or any other injectable devices). These should be disposed of in yellow incineration bins.

Your healthcare professional can advise you on how to safely dispose of your yellow bin, they should not be disposed of in your household waste.

How do I get hold of the 'Just in Case' medicines?

If required, on discharge from hospital or the Hospice, they will give you the Just in Case Medication.

When you are at home, you will need a prescription from your GP or sometimes a Macmillan healthcare professional from the Specialist Palliative Care Team.

Any pharmacy could order these medications after receiving the prescription, but some pharmacies will keep these medications in stock if needed urgently.

Contact your prescribing healthcare professional if you need advice about this.

What are the drugs called, and what are they used for?

1. Morphine – this can be used for pain and/or breathlessness.

2. Midazolam –this can be used for agitation, restlessness, to relax the muscles and for seizures (fits).

3. Hyoscine Butylbromide – this is to dry up excess chest or mouth secretions, it can also be used for colic.

4. Haloperidol – this is used for nausea/sickness or agitation.

Sometimes you may be prescribed different medications to those mentioned above, depending on your condition.

For example.

Oxycodone or Diamorphine are sometimes used for pain

Levomepromazine is sometimes used for nausea or agitation