



## **A Guide to the 'Just in Case Box'**

### **What is a 'Just in Case' box?**

A 'Just in Case' box is what it says – it contains a small supply of medication that may well not be needed, but is kept in your home just in case you need it one day.

Sometimes 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.

The medicines can only be given by a nurse or a doctor.

### **What is in a 'Just in Case' box?**

In your 'Just in Case' box there are some small boxes containing several different injectable medicines and some information for the nurses and doctors. Your Community Nurse may give the medication by injection if you need it, provided that a doctor has authorised it.

The box should be returned to the issuing pharmacy once it has been opened or is no longer required.

### **What are the different medicines for?**

- Diamorphine – for pain and shortness of breath
- Levomepromazine – for sickness
- Hyoscine – for excessive moisture in the throat or chest
- Midazolam – for restlessness

### **How do I look after my 'Just in Case' box?**

The medicines in your box have been prescribed for you and should not be given to anyone else.

They don't need to be kept in the fridge but should be kept in a safe place, out of the reach of children. If the medicines are not required they should be returned to the issuing pharmacy.

### **Do you have any questions?**

If you have any questions about your 'Just in Case' box do feel free to ask your Community Nurse, Hospice Community Nurse Specialist or Pharmacist.

Should you require this information in another language or format please ask.

Contact your GP if you have any queries OR Shropdoc out-of-hours 08444 06 88 88