

A guide to your 'Just in Case' medications



Information for patients and carers

Telephone: 0300 125 6789

What are "Just in Case" Medications?

- A small supply of injectable medication kept at home for potential future use.
- Useful for serious underlying health conditions that might worsen suddenly.
- Can help manage symptoms like pain, breathlessness, nausea, and anxiety.
- Provides peace of mind knowing medication is available if needed.

Who Provides Your "Just in Case" Medication?

- Prescribed by your GP or another medical professional.
- Collected from your local pharmacy.
- May be provided upon discharge from hospital.
- Regularly reviewed by your GP and community clinicians.

Who Gives You Your "Just in Case" Medication?

- Typically administered by a registered health professional, usually a community nurse.
- In some cases, a relative or friend can be trained to administer injections with proper approval and training.

Community Palliative Care Drug Chart

- Completed by your doctor or non-medical prescriber.
- Provides guidance for healthcare professionals on medication and dosage.
- Kept in your home for reference.

Storing Your "Just in Case" Medication

- Does not require refrigeration.
- Store in a safe place, out of reach of children.
- Consider using a "Just in Case" bag or box for storage.
- Medication is prescribed for your personal use only.
- Return unused medication to your community pharmacy.

For more information or questions, please contact your GP or community team at 0300 125 6789.

Let us know what you think and get involved

Telephone: 0300 124 5300*

Email: sirona.hello@nhs.net

Website: [Link to Sirona website](#)

*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

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