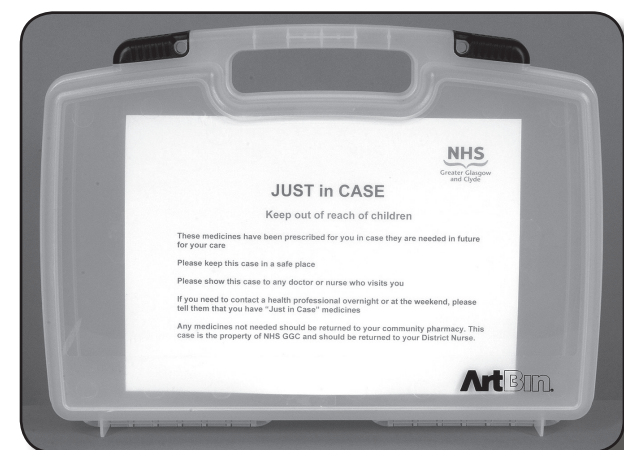


# "Just in Case"

A guide for patients and carers



Improving access to medicines

## MEDICAL ILLUSTRATION SERVICES

To obtain copies of this document, phone 24692 or email [info@medill.co.uk](mailto:info@medill.co.uk)  
Reference No 214207 – October 2013 – Review Date: October 2015

## What is a Just in Case box?

A Just in Case box is what it says - it contains a small supply of medicines that may, or may not be needed, but is kept in your home just in case you will need it one day.

Sometimes it can be difficult to get these medicines in a hurry, especially at night or at weekends, so it is helpful to have them ready - just in case. Most of the medicines are given by injection by a nurse or doctor. Your box may also contain tablets which you can take or can be given to you by a carer/relative.

## What is in a Just in Case box?

In your Just in Case box there are some medicines which can be given by injection, and information for the nurses and doctors.

You will also have a care plan which will contain a medicine administration sheet authorising the Registered Nurse caring for you to give you medicines by injection should you need them.

## What are the medicines for?

The medicines in the box will vary from patient to patient, you may not need any of them, but just in case, the common ones are:

Type of medicine and what it is used for
Painkiller for pain and this may also be used to help reduce any feelings of breathlessness
Anti-sickness medicine for nausea or vomiting
Medicine to dry up secretions in the throat
Medicine for anxiety or restlessness
Lorazepam tablets for anxiety and/or difficulty in breathing

## If lorazepam is in my Just in Case box when can I take it?

Sometimes being ill can be frightening. Lorazepam is good for treating anxiety and/or difficulty in breathing. You only need to take half a tablet at a time. The half tablet works quickly when placed under the tongue, which means it can be used even if you find it difficult to swallow or are being sick. It can be taken by a patient or given by carer/relative.

### 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. Keep them in a safe place. They do not need to be kept in a fridge.

If the medicines are no longer required, they should be returned to your Community Pharmacy. If this is a problem please discuss with your District Nurse / Community Nurse. The box itself should be returned to your District Nurse.

## Any questions?

If you have any questions about your Just in Case box, ask your District Nurse / Community Nurse or GP.

Contact	Telephone number
GP	
District Nurse/Community Nurse	
Out of hours contact(s)	
Community Pharmacy	