

A Guide to your Anticipatory Medicines (also know as 'Just in Case' medicines)



What are Anticipatory Medicines?

Anticipatory Medicines are a small supply of medicines that may be useful for treating one or more symptoms that can sometimes happen such as pain, anxiety or sickness.

The medicines may not be needed, but are kept in your home just in case you need them one day.

Sometimes it can be difficult to get these medicines in a hurry, so it is very helpful to have them ready – just in case.

What anticipatory medicines are provided?

Your Anticipatory Medicines include some injections that can only be given by a nurse or doctor if needed to treat your symptoms.

The medicines will vary from patient to patient; you may not need any of them but they can be given to help with:

- Pain
- Shortness of breath
- Sickness/Nausea
- Secretions in the throat
- Restlessness/agitation

One of the medicines that may be prescribed for you is a tablet called Lorazepam. It can be used to reduce anxiety, fear and breathlessness.

Your nurse or doctor will tell you and your family or carer when you should take these tablets. They may be useful for you to take while you are waiting for the nurse or doctor to arrive.

Please read the leaflet 'How to use your Lorazepam Tablets'

How do I look after my Anticipatory Medicines?

The medicines 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 cool, dry place, away from direct heat or light. Always keep them out of the sight and reach of children.

If the medicines are no longer needed, take them to your local community pharmacy who will ensure they are disposed of safely.

Any questions?

If you have any questions about your Anticipatory Medicines, do feel free to ask your District Nurse or GP.

For further information about this service contact:

Luton Community Nursing Team for District Nurses and Macmillan Palliative Care Team
Tel: 0333 405 3000

24 hour Palliative Care Advice Line - 0808 180 7788

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.