

Further Information

If you have any questions about “Just In Case”, please talk to your Community Nurse, GP, or other health care professional.



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- tel. 01851 708069 Monday-Friday between 9am-5.30pm

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Bòrd SSN nan Eilean Siar
NHS Western Isles

‘Just In Case’ box



Useful information for patients and their carers
about the ‘Just In Case’ medicine box

Introduction

This leaflet is aimed at offering patients and their carers information on the 'Just In Case' medicine box, which could possibly prevent you from having to go into hospital.

The 'Just In Case' box offers individual anticipatory prescribing for relief of symptoms at home.

What is 'Just in case'?

The 'Just In Case' box contains certain medicines that your health care team think may be needed in the coming days or weeks.

This will help relieve any unpleasant or distressing symptoms such as pain, nausea, sickness or anxiety that you may experience while you are being looked after at home.

The medicines are prescribed for you by your doctor or nurse prescriber, and can be given by the nurse or doctor. The medicines are in injection form. The box contains everything necessary to give you the medicine as an injection under the skin. This means that symptoms can be relieved even if you are having difficulty swallowing due to sickness or another problem.

Sometimes family members or carers can give the medicine if you and they both feel comfortable with this. If so, the carer will be taught how to give the injection safely and how to record what has been given.

Where should I keep the box?

The box is to be kept in your home.

Often the medicines are not needed, but if they are ready in the house, it can prevent delay in relieving your symptoms. This is especially so if problems occur out with normal working hours.

What if I use the Medicines?

There are adequate supplies of medicine in the box, should you need to use any. The medicines to be replaced are supplied in the usual way from your GP, or community pharmacy.

What if I am admitted?

If you are admitted to hospital or another care setting, the medicines can go with you as they have been prescribed for you.

**'Just In Case' should always be kept
in a safe place in the home out
of reach of children.**

**The box will be uplifted by the
community nurse.**