

Guide to your 'Just in Case' box

Information for patients



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What is a Just in Case box?

A Just in Case box is exactly what it says – it contains a small supply of medicines that is kept in your home just in case you need it one day. The drugs it contains can be difficult to get in a hurry, particularly at night or at weekends. It is therefore sensible to have them ready – just in case. The medicines are usually only given by a nurse, doctor, or Paramedic Emergency Care Practitioner.

What is in a Just in Case Box?

In your Just in Case box there are some small boxes containing ampoules of several different medicines, and some information for the nurses and doctors. There may also be a medicine administration sheet, authorising your District Nurse or a Paramedic Emergency Care Practitioner to give you medication by injection if you need it.

What are the different 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 shown in the blue box opposite.

Diamorphine	for pain and shortness of breath
Cyclizine	for sickness
Levomepromazine	for sickness and restlessness
Hyoscine	for secretions in the throat
Midazolam	for restlessness and shortness of breath

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 your chemist.

Any questions?

If you have any questions about your Just in Case box, do feel free to ask your District Nurse or GP.