

Patient Information Sheet

A Guide to Anticipatory ('just in case') Medications

What are anticipatory medications?

Anticipatory medications are a small supply of medications that your healthcare team think may be needed in the coming days or weeks. They are for you to have at home just in case they are needed as sometimes it can be difficult to get these medications quickly, such as at night or at the weekend so it is very helpful to have them ready – just in case. They will help to relieve any distressing symptoms such as pain, nausea, sickness or anxiety that you may experience while you are at home. **The medications should only be given by a doctor or a nurse.**

What medicines are used as anticipatory medications?

The medicines will be in the form of injections so that they can be given to you even if you are feeling sick or having problems swallowing. The medications supplied will vary depending on your symptoms. You may not need all or any of the medications that you are given.

There are many medications that could be used and below are some examples:

- Morphine Sulfate or oxycodone– to relieve pain and shortness of breath
- Levomepromazine or metoclopramide – to relieve sickness
- Haloperidol – to relieve sickness, hallucinations and restlessness
- Midazolam – to relieve restlessness
- Glycopyrronium or hyoscine – to relieve secretions in the chest

You may not receive all of these medications or you may receive ones that are not included on this list. The medications you will receive will be tailored to your needs.

As well as the medications you will be given a form for the nurses that will be caring for you. This form enables the nurses to administer the medications to you if/when they are required and tells them what dose and frequency to give.

How should anticipatory medications be stored?

The anticipatory medications are specific to you and should not be given to anyone else. They do not need to be kept in the fridge but should be kept in a safe place, out of the reach of any children.

What should I do with any medications that are not used?

If there are medications left that are not required a friend or relative should take them to a community pharmacy for destruction. They must not be given to anyone else.

Who provides the anticipatory medications?

The anticipatory medications can be prescribed by a variety of people, such as:

- Hospital
- GP
- Hospice
- End of life care team

Even if you were initially given the anticipatory medications by the hospital or hospice the need for you to continue to have the medication will be kept under the review of your GP with the help of the community nursing team. They will also check to see if any changes need to be made to the anticipatory medications.

If you have any questions about your anticipatory medications please ask/contact SinglePoint on 01206 890360