



### **Just in Case** *A leaflet for patients and carers*

The *Just In Case* is a kit containing some medicines which may be helpful in treating one or

more symptoms that can sometimes happen - such as pain, anxiety or sickness.

These symptoms can be distressing if they occur in the night or at weekends when the GP surgery and local pharmacy are closed. Waiting for a doctor to come and write a prescription together with spending time trying to find a pharmacy which is open, can lead to further distress.

This case contains some injections that a nurse or doctor will give if needed to relieve patient symptoms.

If any of the medicines are needed, the case contains just enough to last until more can be supplied in the usual way, if the symptoms don't go away.

This means that you and your carer can relax, knowing that you won't have to worry about trying to get hold of medicines if you need them outside normal working hours.

Your nurse or GP will talk to you and your carer about the *Just In Case* when they bring it to the house. If any of the medicines inside the case are needed at any stage, a nurse or doctor may use them to treat your symptoms.

#### ***Waiting for help to arrive***

One of the medicines in the case is a tablet called "Lorazepam 1mg" which can sometimes be useful for reducing fear, restlessness or anxiety. In this situation, the tablet works best when it is placed under the tongue and left to dissolve; which is different to the instructions that you will find in the box of medication.

Your nurse or doctor will let your carer know whether you could take a tablet while you are waiting for medical help to arrive.

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#### ***Remember to keep this case in a safe place***

All medicines should be stored out of the reach of children.

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