



A leaflet for patients and carers



**Anticipatory Care Medication  
Just in Case Box**

# Anticipatory Care

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**This 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 your local GP practice or local pharmacy is 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.**

**The box contains some injections that a nurse or doctor may give if needed to relieve patient's symptoms.**

**If any of the medicines are needed, the box 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 box when they bring it to the house.**

**If any of the medicines inside the box are needed at any stage, a nurse or doctor may use them to treat your symptoms.**

**REMEMBER TO KEEP THIS BOX IN A SAFE PLACE**

**ALL MEDICINES SHOULD BE STORED OUT OF SIGHT  
AND OUT OF THE REACH OF CHILDREN**