

## A Guide to your Anticipatory Medicines (also know as 'Just in Case' medicines)



Pride in our older people's and adult community services

## **What are Anticipatory Medicines?**

Anticipatory Medicines are a small supply of medicines that may be useful for treating one or more symptoms that can sometimes happen such as pain, anxiety or sickness.

The medicines may not be needed, but are kept in your home just in case you need them one day.

Sometimes it can be difficult to get these medicines in a hurry, so it is very helpful to have them ready – just in case.

## **What anticipatory medicines are provided?**

Your Anticipatory Medicines include some injections that can only be given by a nurse or doctor if needed to treat your symptoms.

The medicines will vary from patient to patient; you may not need any of them but they can be given to help with:

- Pain
- Shortness of breath
- Sickness/Nausea
- Secretions in the throat
- Restlessness/agitation

One of the medicines that may be prescribed for you is a tablet called lorazepam. It can be used to reduce anxiety, fear and breathlessness.

Your nurse or doctor will tell you and your family or carer when you should take these tablets. They may be useful for you to take while you are waiting for the nurse or doctor to arrive.

### **Please read the leaflet 'How to use your Lorazepam Tablets'**

### **How do I look after my Anticipatory Medicines?**

The medicines 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 cool, dry place, away from direct heat or light. Always keep them out of the sight and reach of children.

If the medicines are no longer needed, take them to your local community pharmacy who will ensure they are disposed of safely.

### **Any questions?**

If you have any questions about your Anticipatory Medicines, do feel free to ask your District Nurse or GP.

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### **Patient Advice and Liaison Service**

For information about CPFT services or to raise an issue, contact the Patient Advice and Liaison Service (PALS) on Freephone 0800 376 0775, or e-mail [pals@cpft.nhs.uk](mailto:pals@cpft.nhs.uk)

### **Out-of-hours service**

Please call **NHS 111** for health advice and support.

If you require this information in another format such as braille, large print or another language, please let us know.

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