

PATIENT INFORMATION LEAFLET

Guide to your “Just in Case” bag

What is a Just in Case bag?

The bag contains a small supply of medication for those patients wishing to spend their last days of life at home to help relieve distressing symptoms if they should occur. The medicines may be helpful in treating one or more symptom(s) that sometimes occur – such as pain, anxiety or sickness. The majority of patients cared for at home do not get all of these symptoms. The medication may well not be needed but it is kept in your home just in case you need it (for example, overnight or at weekends).

What is in a Just in Case bag?

In the Just in Case bag there will be some specifically prescribed medications that may be necessary at end of life plus some instructions for the nurses and doctors. There may also be a medicine administration sheet, authorising your Community Nurse to give you medication by injection if you need it.

What are the different medicines for?

The medicines in the bag will vary from patient to patient as they are tailored to individual needs; you may not need any of them. But the drugs prescribed will be for symptoms such as:

- Pain
- Shortness of breath
- Sickness
- Secretions of the throat
- Restlessness

Details of the medications are contained in the bag and what they are used for – you may wish to discuss this with your GP or nurse.

The bag contains enough medicines to last until more can be supplied in the usual way, if the symptoms don't go away.

How do I look after my Just in Case bag?

The medicines in your bag 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, separate from any other medication you take, out of the reach of children.

If the medicines are not used, they should be returned to your local pharmacy. If you have any queries, please contact your GP or Community nurse.

Any questions?

If you have any questions about the 'Just in Case' bag or feel that the patient's condition has changed, or you need some extra support or information, or require a medical opinion, do feel free to ask your District Nurse or GP.

Contact Details:

In hours please call your GP or the Single Point of Access for Community Nursing on **(01302) 566999**.

After 6pm or on a weekend or bank holiday please call your GP practice number and you will be directed to the GP Emergency Out of Hours Service.

In the event that you are reading this information after the patient has passed away, please contact your GP surgery (and not 999) to inform them.