



**St Margaret's  
Hospice Care**

## **Just in case box**

Information about what's in your  
'Just in case' box and how to look after it



# **Just in Case**

*Please return to the District Nurses when no longer required*

## What is a 'Just in case' box?

A 'Just in case' box contains a small supply of medicines that is kept in your home just in case you need it one day. The drugs it contains can be difficult to get in a hurry, particularly at night or at weekends. It is therefore sensible to have them ready - just in case.

The medicines can only be given by a nurse, doctor, or paramedic emergency care practitioner.

## What is in a 'Just in case box'?

In your just in case box there are some small boxes containing ampoules of several different medicines, and some information for the nurses and doctors.

There may also be a medicine administration sheet, authorising your community nurse, district nurse or a paramedic emergency care practitioner to give you medication by injection if you need it.

## What are the different medicines for?

The medicines will vary from patient to patient. You may not need any of them, but just in case, the most common ones are shown in the blue box below.

<b>Diamorphine or other strong opioid/pain killer</b>	For pain and shortness of breath
<b>Cyclizine</b>	For sickness
<b>Levomepromazine</b>	For sickness and restlessness
<b>Hyoscine</b>	For secretions in the throat
<b>Midazolam</b>	For restlessness and shortness of breath

## How do I look after my 'Just in case' box?

The medicines in the box 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, out of the reach of children.

If the medicines are not required, they should be returned to your chemist.

## Any questions?

If you have any questions about your 'Just in case' box, do feel free to ask your community nurse, district nurse or GP.

## Feedback - we welcome your compliments and complaints

We are keen to develop and improve our services and welcome positive and negative feedback, including any concerns you may have. You can:

- Speak to any member of the team either in person or over the phone by calling our 24-hour advice line on **01823 333822** or **01935 709480**
- Email us at **[feedback@st-margarets-hospice.org.uk](mailto:feedback@st-margarets-hospice.org.uk)** or through our website



**St Margaret's Hospice Care Taunton Hospice,**  
Heron Drive, Bishops Hull, Taunton, TA1 5HA

 01823 333822

**St Margaret's Hospice Care Yeovil Hospice,**  
Little Tarrat Lane, Yeovil, BA20 2HU

 01935 709480

 [CRC@st-margarets-hospice.org.uk](mailto:CRC@st-margarets-hospice.org.uk)

---

St Margaret's Hospice Care is committed to taking your privacy seriously and protecting your personal information. If you want to know more about how we use your data go on the 'privacy statement' on our website or ask for a copy of this information via [info@st-margarets-hospice.org.uk](mailto:info@st-margarets-hospice.org.uk)

Please note all incoming and outgoing calls may be recorded for training and quality purposes.

Publication date: June 2025

PI|066|02

Registered Charity No: 279473

