

Any questions

If you have any concerns before you are given anticipatory medicines, please speak to a member of your medical, nursing or pharmacy team.

Specialist Palliative Care Team (Jersey Hospice Care)

Tel: +44 (0)1534 876555
24 hours a day

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Family Nursing & Home Care

Tel: +44 (0)1534 443600
Monday to Thursday 8.30am to 5pm
Friday 8.30am to 4.30pm

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You can also speak to your own General Practitioner.



HSS-LFT-0415-01

April 2018



Patient Information

Anticipatory Prescribing

This leaflet gives you an overview of the reasons you may be prescribed anticipatory medicines in palliative care



Specialist Palliative Care Team

What Anticipatory Prescribing is

Anticipatory prescribing is used to ensure that a small supply of injectable medication is available in your home or care home, in order to relieve symptoms which may occur unexpectedly at night or over a weekend.

These medicines may never be required, but anticipatory prescribing ensures that they are always available in case you need them in a hurry.

What the different medicines are for

They are usually prescribed for some or all of the below symptoms:

- pain
- sickness
- shortness of breath
- lung secretions
- restlessness and anxiety
- water for injections is used to dilute other medicines

The medicines used will depend on your individual symptoms, medical conditions, and other medicines you take.

Where you get the medicines from

A doctor or non-medical prescriber, for example a specialist nurse, will prescribe them for you. The prescription will be dispensed by:

- a community pharmacy, if you are at home or in a care home
- the hospital pharmacy, if you are an in-patient

The medicines can be collected by a family member, carer or yourself. A list of community pharmacies which usually stock these medicines is given at the end of this leaflet. Note there can sometimes be supply problems with the medicines. Check if the pharmacy have them all when you take in the prescription.

List of palliative care link pharmacies

Whoever is collecting the medicines should take their photo id, for example a driving license or passport, to the pharmacy.

Pharmacy	Tel no.	Opening Hours
Boots Pharmacy La Grande Route de St Pierre, St. Peter JE3 7AY	482164	Mon to Sat: 8.30am to 6.30pm Sun: 10am to 5pm
Boots Pharmacy 23-29 Queen St St. Helier JE2 4WD	730432	Mon to Sat: 8.30am to 6pm Sun: Closed
(Co-op) Pharmacy Locale New Era Medical Centre Georgetown, St. Clement JE2 6QG	720642	Mon to Fri: 8.30am to 6.30pm Sat: 8.30am to 5pm Sun: 10am to 2pm
Island Pharmacy 14 Gloucester St St. Helier JE2 3QR	516171	Mon to Fri: 8am to 6.30pm Sat: 8.30am to 1pm Sun: Closed
Le Quesne's 25 Don St. St. Helier JE2 4TR	722571	Mon to Fri: 8.30am to 5.45pm Sat: 9am to 5pm Sun: Closed
Lloyds Pharmacy 1 Centrepoint St. Brelades JE3 8LB	741313	Mon to Fri: 8.30am to 6pm Sat: 9am to 5pm Sun: Closed
LV Pharmacy 24 Beresford St St Helier JE2 4WN	870771	Mon to Fri: 8am to 5.30pm Sat: 9am to 12.30pm Sun: Closed
Queens Road Pharmacy Queens Rd St. Helier JE2 4HY	762983	Mon to Fri: 8.30am to 6pm Sat: 9am to 1pm Sun: Closed
Roseville Pharmacy 7 Roseville St. St. Helier JE2 4PJ	734698	Mon to Sat: 9am to 9.30pm Sun: 9.30am to 9.30pm (closed 1pm to 2pm)

Taking the box into the Hospice inpatient unit

If you are admitted into the Hospice in-patient unit, please take your 'Just in Case' box in with you. When you arrive on the unit, make sure you hand it over to one of the staff nurses. They will ensure that the box and medicines are stored safely during your stay.

The need for anticipatory medications will be reviewed again when preparing for your discharge. They may not be needed at home, for example if your condition has stabilised or improved.

Taking the box to the Day Hospice

Discuss this with the nursing staff at Day Hospice, the decision will be based on your individual needs.

If your condition is stable, they may not feel you need to bring the box in each time you visit. However, they may ask that you bring the box in once a month to be checked.

What happens if my box goes missing?

Call your district nurse or hospice nurse straight away for advice if:

- your box or medicines go missing from your home, or
- it looks like they have been tampered with

You do not have to worry, but we need to make sure that your medicines are safe and available at all times.

Payment for these medicines

You don't have to pay for the medicines, but you will be charged for the visit in the usual way when your GP reviews you and prescribes the anticipatory medications.

Who administers the medicines

A doctor or nurse gives the medicines to you when needed to control your symptoms.

They are usually given using a small needle which is inserted under your skin, either on your tummy, chest or on the top of your arm or leg.

You may need injections to control your symptoms if you have trouble swallowing, or absorbing your medicines when taken by mouth.

How to look after the medicines

If you are at home the medicines will be placed in a 'Just in case box' (see overleaf) by the doctor or nurses. If you are in a care home, the staff will store the medicines in their treatment room.

You must not give the medicines prescribed for you to anyone else. Keep them in a safe and cool place, out of reach of children and animals.

How long you will have the medicines for

Anticipatory medicines are only kept in place as long as you need them. The doctor or nurse will review the ongoing need for the medicines and the doses each month, or with any change in your condition.

If your condition improves and is stable, the doctor or nurse may talk to you about removing the medicines, although this will not be done without your agreement.

If we remove the medicines, we will continue to review you regularly and they can be put back in at a later stage if needed.

How the medicines are destroyed

If the medicines are no longer required, you must return them to the pharmacy that dispensed them. They must **not** be disposed of in the household waste or given to anyone else to use.

If you are being cared for at home, the district nurse or hospice nurse will take the medicines out of the 'Just in Case' box. A family member, carer or yourself should then return them to the pharmacy.

If you are in a care home, the nursing staff will return the medicines to the pharmacy to be destroyed for you.

What the 'Just in Case' box is

This is a metal box which we use to safely store the anticipatory medicines prescribed for you in your own home. If you are in a care home the box is not required.

A doctor or nurse will put your anticipatory medicines in this box, and seal it with a plastic security tag. The box has a combination lock and only members of the healthcare team have the code. The box should only be opened by a doctor, nurse or pharmacist.

The medicines remain your property. The box and paperwork just make it easier for the doctors and nurses to stock control the medicines while they are in your home. It is nothing to worry about. There will also be a medication chart authorising the nurse to give the medicines.

Taking the box into hospital or a care home

If you are admitted to the hospital or a care home, please leave your 'Just in Case' box at home. The hospital medical team or GP will review your condition. They will prescribe any anticipatory medications you may need during your stay.

If your stay is prolonged, longer than 4 weeks, or there are concerns about the boxes security in your home, the hospice or district nurse team will contact you for permission to remove the box and to destroy the medications. The need for anticipatory medications will be reviewed again when preparing your discharge.