

University Hospitals of Leicester and
Leicestershire Partnership NHS Trusts

Keeping injectable medicines at home in case you can't swallow (palliative care)

Information for patients,
family and friends

If you have any
questions, please talk to
your doctor or nurse.

For urgent advice contact the
Single Point of Access (SPA):

0300 300 7777

(open 7.30am - 9.30pm every day)

From 9.30pm calls will be diverted
to out of hours services

What are anticipatory medicines?

- As people get sicker, they often have trouble swallowing. It is important that they can still have medicine for pain or other symptoms.
- These medicines are called anticipatory medicines.
- Anticipatory medicines do not need to be given regularly. They are extra doses of medicine given when pain or another symptom is a problem.
- Some people might not need to use them at all.
- A nurse or doctor gives these medicines by injection. The injection is under the skin, not into a vein. This makes them easy to use at home if needed.
- It can be hard to get these injections from the pharmacy in a hurry. This means the person may be in pain or distress for longer.
- Having a small supply of anticipatory medicines at home can be reassuring 'just in case'.
- The district nurse will give you a folder to keep with the medicines. This has information about your medicines and forms for the nurses to use. The nurses record when and how the medicines are given. This helps your treatment be effective and safe.

I'm worried that it means I am more ill than I thought?

These medicines are sometimes called 'end of life medicines'. But they are not just for people who are dying. They are often used when people cannot swallow or digest tablets for example, if they are being sick.

Some people worry that using these medicines will make someone die more quickly. This is not true. They are only given to control symptoms such as pain, sickness, or distress.

Symptoms and the names of medicine that are often used

Pain	Morphine, Oxycodone
Nausea and/or sickness	Levomepromazine Haloperidol
Noisy breathing due to secretions in the chest or throat	Glycopyrronium
Anxiety or restlessness	Midazolam
Distress or confusion	Levomepromazine Haloperidol

Safety and storage

- Keep your medicines in the original boxes and store at room temperature. Do not put them in the fridge.
- Keep your medicines in a safe, secure place. Keep them out of the sight and reach of children.
- Keep your nursing folder in a safe, secure place. Your nurse or doctor will need this to give the medicines to you.
- Tell at least one close relative or friend where you keep these medicines.
- Do not share your medicines with anyone else.

What if I need more medicines?

- If you start using these medicines, your nurse will keep a check on them. They will let you or your family know when the supplies are running low.
- The nurse will arrange for a new prescription from the doctor. You will need to arrange for someone to collect them from a pharmacy. The nurses cannot collect these medicines for you. Some pharmacies will deliver if you are not able to collect your medicines.

What should I do with my medicine if it is no longer needed?

Take any unused medicines back to your local pharmacy. Try and do this as soon as possible. It does not have to be the same pharmacy that you got them from. The nurses cannot return medicines to the pharmacy for you.

I need an injection now or need urgent advice

Contact the Single Point of Access (SPA). Tel: 0300 300 7777

Who can I speak to if I have more questions?

If you have any questions, please talk to your doctor or nurse.



**If you
need help to
understand this
leaflet or would like it
in a different language
or format such as
large print, Braille
or audio, telephone:
0116 231 8435**

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