

# Anticipatory Medications

Palliative Care Team

## What are anticipatory medicines or just-in-case medicines?

These are a selection of injectable medicines that can help with common symptoms people may experience. Not everyone needs them, but they will be provided in hospital just-in-case. If you need them at home a supply will be provided on discharge.

They are not taken by mouth. If needed they will be given by your doctor or nurse by injection.

## Why are they needed?

We use anticipatory medicines when people have difficulty swallowing tablets or liquids, but may still need medicines for their comfort.

## Examples of anticipatory medicines

These are commonly used examples, but different medicines are sometimes used.

- Morphine – To help with pain and breathlessness
- Midazolam – To help with agitation
- Levomepromazine – To help with nausea and vomiting
- Glycopyrronium – To help with secretions

## What to expect?

Not everyone needs to use these medicines, they will only be given if you need them for your symptoms.

Like all medicines, some people take them with no problems, some people may get side effects. The most common things to look out for are drowsiness, sickness and a dry mouth. Your doctor or nurse can talk to you about this if you have any questions or if these side effects happen.

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

## At home

If you are discharged home with these medicines you need to make sure they are stored in a safe place at room temperature, away from children and vulnerable people.

Please keep the medicines in their original boxes and let your district nurses know that you have them at home. If at any point you are not comfortable then district nurses can be contacted to assess to see if you need an injection of one of the above medications.

When the medicines are no longer needed, please take them to your local pharmacy for safe disposal.

## Everywhere else (including hospital, hospice, nursing homes)

Inform your health care professional if your symptoms are not managed, they will then assess if an injectable medicine is required.

## References

Palliative Care Guidelines for the use of drugs in symptom control. West Midlands Palliative Care Physicians. Revised 2023

Royal Wolverhampton NHS Foundation Trust formulary

## Contact details

If you have any questions about the content of this leaflet then please contact the Specialist Palliative Care team on:  
01902 695212.

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。