

## PATIENT INFORMATION

# A Guide To Your Just In Case Bag (JICB)

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#### What is a JICB (anticipatory medication)?

The JICB contains a small supply of medication that may well not be needed, but is kept in your home just in case you will need it one day. Sometimes it can be difficult to get these drugs in a hurry, especially at night or at weekends, so it is very helpful to have them ready – just in case. The medicines can only be given by a nurse or doctor.

#### What is in a JICB?

In your JICB bag 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, authorizing your 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 you may not need any of them, but just in case, the common ones are:

Morphine - For pain and shortness of breath

Levomepromazine – to relieve sickness

Hyoscine Hydrobromide – to relieve secretions in the chest

Midazolam – to relieve restlessness

Haloperidol – For confusion

## How do I look after my JICB

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, out of the reach of children. If the medicines are not required, they should be returned to your community pharmacy.

## Who provides the JICB

The JICB will usually be prescribed by your GP and collected from your local pharmacy. The need for you to have the medication will be kept under review by your GP with help from the community nursing team. They will also check if any changes need to be made to your regular medication.

## Any Questions?

If you have any questions about your JICB do feel free to ask your community nurse or GP.

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.