**Sharing your information**
Your information will only be disclosed to those who have a genuine need to know and who agree to keep your information confidential. For your direct care we often share information with:
- NHS hospitals and clinics
- GPs
- Social care

Following the principles within the General Data Protection Regulation (GDPR), MCH processes your data for purposes of:
- provision of health or social care or treatment
- medical diagnosis
- preventative or occupational medicine
- management of health or social care systems and services, carried out by, or under the supervision of health professional or another person, who in the circumstances owes a duty of confidentiality under an enactment or rule of law

Our privacy notice is available at medwaycommunityhealthcare.nhs.uk/privacy/
If you would like to view or request a copy of your patient record, please email medch.dataprotection@nhs.net or call 01634 334640. In most instances this service is free and we aim to provide the requested information within 30 days. More information can be found by visiting: medwaycommunityhealthcare.nhs.uk/contact-us/information-about-me/

Medway Community Healthcare provides a wide range of high quality community health services for Medway residents; from community nurses and health visitors to speech and language therapists and out of hours urgent care.

**Customer care**
Please send any comments about Medway Community Healthcare services to:
- Customer care coordinator
  Medway Community Healthcare
  MCH House, Bailey Drive, Gillingham, Kent, ME8 0PZ
  t: 01634 334650
  medwaycustomercare@nhs.net

All contact will be treated confidentially
This information can be made available in other formats and languages. Please email medch.communications@nhs.net
Ref: MCH397.1
Anticipatory Medicines – Palliative Care

What are anticipatory medicines?
These are a small supply of medications for you to keep at home just in case you need them. A doctor or healthcare professional who is a qualified non-medical prescriber will prescribe anticipatory medicines that can be given by injection, which may include the following:

- Morphine
- Levomepromazine
- Glycopyrronium bromide
- Midazolam

You cannot take these medicines yourself; they can only be administered by a doctor or nurse. The medicines will come with a medication dosage advice sheet/generic which authorises your District Nurse to give you the medicines if you need them.

What are the benefits of having anticipatory medicines?
The benefit is that they are available when you need them. It can be difficult to get these medicines in a hurry, especially at night or at weekends so it is helpful to have them ready.

- Morphine reduces pain and shortness of breath
- Levomepromazine reduces the feeling of sickness
- Glycopyrronium bromide which reduces secretions in the throat or chest
- Midazolam helps with restlessness

What are the risks of these medicines?
All medications can have side effects. The possible side effects of the anticipatory medicines will vary depending on your condition and other medications you may be taking at the time, but may include drowsiness, nausea and dry mouth. Your doctor or nurse will discuss possible side effects of the medicines with you and those caring for you if you should need to use them.

Are there any alternatives to these medicines?
If you are able to take tablets or liquid medicines you may be offered the medicines in these forms instead of having them as injections.

Storing anticipatory medications
These medicines should be stored in their original boxes at room temperature. Make sure they are in a safe, secure place, out of the sight and reach of children.

It is very important that you do not give these medicines to anyone else; they have been prescribed only for you.

When you no longer need to keep anticipatory medicines they need to be taken to your local pharmacy for disposal.

Further information
If you have any questions about your anticipatory medicines you can ask your District Nurse, Community Palliative Care Team, GP or Pharmacist.

www.medwaycommunityhealthcare.nhs.uk Information
### Palliative Care Pharmacies

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<tr>
<th>Pharmacy</th>
<th>Address</th>
<th>Phone</th>
<th>Operating Hours</th>
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| Boots             | 30-34 Wilmot Square, Pentagon Centre, Pentagon Shopping Centre, Chatham, Kent ME4 4BB | 01634 405471 | Mon – Fri 8.00am – 7.00pm  
Sat 8.00am – 6.00pm  
Sun 10.00am – 4.00pm |
| Brompton Pharmacy | 3 High Street Gillingham ME7 5AA                                         | 01634 818499 | Mon – Fri 8.30am – 6.30pm  
Closed Sat and Sun |
| Karsons           | 69-71 City Way Rochester ME1 2BA                                        | 01634 405700 | Mon-Sat 7:00am – 11:00pm  
Sun 8:30am to 1:30pm |
| Medipharacy       | Wainscott Surgery Miller Way Wainscott ME2 4LP                          | 01634 297580 | Mon-Wed and Fri 8:30am to 6:30pm  
Closed 1.00pm to 2:30pm  
Thu 8:30am to 5:30pm  
Closed 1.00pm to 2:00pm  
Sat closed but call other branches on 01634 222021 Open 9:00-12:00pm |
| Merlin            | 54 Silverweed Road Weedswood Chatham ME5 0QX                           | 01634 861683 | Mon-Fri 9:00am to 6:00pm  
Sat 9:00am to 12:30pm |
| Osbon Pharmacy    | 17 Duncan Road Gillingham ME7 4LA                                      | 01634 574114 | Mon – Fri 9.00am – 7.00pm  
Sat 9.00am – 1.00pm  
Sun Closed |
| Sainsbury’s       | Hempstead Valley Hempstead Gillingham ME7 3PQ                          | 01634 382400 | Mon – Fri 7.00am – 11.00pm  
Sat 7.00am – 10.00pm  
Sun 10.00am – 4.00pm |

[www.medwaycommunityhealthcare.nhs.uk](http://www.medwaycommunityhealthcare.nhs.uk)