### Contents List

**Symptom Management Kit**

#### Sublingual

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Formulation</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>LORazepam</td>
<td>sublingual</td>
<td>1 mg</td>
</tr>
</tbody>
</table>

#### Injectable

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Formulation</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>dexamethasone</td>
<td>10 mg/mL, 10 mL</td>
<td>1 ampule</td>
</tr>
<tr>
<td>glycopyrrolate</td>
<td>0.2 mg/mL, 2 mL</td>
<td>5 ampules</td>
</tr>
<tr>
<td>haloperidol</td>
<td>5 mg/mL, 1 mL</td>
<td>10 ampules</td>
</tr>
<tr>
<td>HYDROmorphone</td>
<td>10 mg/mL, 1 mL</td>
<td>20 ampules</td>
</tr>
<tr>
<td>methotrimeprazine</td>
<td>25 mg/mL, 1 mL</td>
<td>10 ampules</td>
</tr>
<tr>
<td>metoclopramide</td>
<td>5 mg/mL, 2 mL</td>
<td>10 ampules</td>
</tr>
<tr>
<td>midazolam</td>
<td>5 mg/mL, 2 mL</td>
<td>5 ampules</td>
</tr>
<tr>
<td>morphine</td>
<td>10 mg/mL, 1 mL</td>
<td>10 ampules</td>
</tr>
</tbody>
</table>

#### Suggested nursing supplies (may vary slightly in each community):

- SQ butterflies (4)
- 2x2 gauze (4)
- Paper tape (2)
- Tegaderm (4)
- Gloves (2 pair)
- Alcohol swabs (30)
- Injection site valve (4)
- Med labels (20)

- 1 mL syringe with 5/8” 25 g needle (8)
- Needleless med prep cannula (4)
- 3 mL syringe (4)
- 5 mL syringe (4)
- 21 g 1.5” needles (4)
- 25 g 5/8” needles (4)
- Syringe tip caps (10)
- Sodium chloride 10 mL ampule (4)

- **10-513-7007** Symptom Management Kit Medication Log
- NH Palliative Care Program Symptom Guidelines
- Laminated help line phone number
- Pain scale

- Evaluation form
- Sharps container
- Nursing cards
- Calculator

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For initial treatment suggestions please refer to the:

**NH Palliative Care Symptom Guidelines 4th Edition and the B.C. Inter-Professional Palliative Symptom Management Guidelines**

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