

Symptom	Colour-coded medicine examples	
Pain	Opioids	Blue Morphine Fentanyl HYDRomorphone
Shortness of breath	Opioids	Blue Morphine Fentanyl HYDRomorphone
Restlessness/agitation Anxiety	Benzodiazepines	Orange Midazolam CLONazepam
Noisy 'rattly' breathing	Anticholinergic agents	Green Hyoscine butylbromide
Nausea and/or vomiting	Antiemetics	Salmon Metoclopramide Haloperidol
Confusion Restlessness/agitation	Antipsychotics	Salmon Haloperidol

*** The flush syringe containing sodium chloride 0.9% is colour coded white**

- This information is adapted from: Australian Commission on Safety and Quality in Health Care. *National Standard for User-applied Labelling of Injectable Medicines, Fluids and Lines*. 2015.
- Many medicines used in palliative care are prescribed 'off-label'. *Off-label prescribing* refers to the use of registered medicine outside of the indications, dose, route of administration or patient group as set out in the Therapeutic Guidelines of Australia-approved product information for each medicine.
- For more information on these medicines download the app – palliMEDS



One-on-one training checklist

1. Recognising and rating breakthrough symptoms
2. Knowing what subcutaneous medicines to give
3. Writing a label, opening an ampoule and drawing up medicine
4. Giving medicine using a subcutaneous cannula
5. Checking the subcutaneous cannula
6. Recording in the medicines diary
7. Making sure there are enough medicines in the house
8. Safely storing and disposing of subcutaneous medicines
9. Seeking further advice

Symptom	Colour-coded medicine examples	
Pain	Opioids	Blue Morphine Fentanyl HYDRomorphone
Shortness of breath	Opioids	Blue Morphine Fentanyl HYDRomorphone
Restlessness/agitation Anxiety	Benzodiazepines	Orange Midazolam CLONazepam
Noisy 'rattly' breathing	Anticholinergic agents	Green Hyoscine butylbromide
Nausea and/or vomiting	Antiemetics	Salmon Metoclopramide Haloperidol
Confusion Restlessness/agitation	Antipsychotics	Salmon Haloperidol

*** The flush syringe containing sodium chloride 0.9% is colour coded white**

- This information is adapted from: Australian Commission on Safety and Quality in Health Care. *National Standard for User-applied Labelling of Injectable Medicines, Fluids and Lines*. 2015.
- Many medicines used in palliative care are prescribed 'off-label'. *Off-label prescribing* refers to the use of registered medicine outside of the indications, dose, route of administration or patient group as set out in the Therapeutic Guidelines of Australia-approved product information for each medicine.
- For more information on these medicines download the app – palliMEDS



One-on-one training checklist

1. Recognising and rating breakthrough symptoms
2. Knowing what subcutaneous medicines to give
3. Writing a label, opening an ampoule and drawing up medicine
4. Giving medicine using a subcutaneous cannula
5. Checking the subcutaneous cannula
6. Recording in the medicines diary
7. Making sure there are enough medicines in the house
8. Safely storing and disposing of subcutaneous medicines
9. Seeking further advice

Symptom	Colour-coded medicine examples	
Pain	Opioids	Blue Morphine Fentanyl HYDRomorphone
Shortness of breath	Opioids	Blue Morphine Fentanyl HYDRomorphone
Restlessness/agitation Anxiety	Benzodiazepines	Orange Midazolam CLONazepam
Noisy 'rattly' breathing	Anticholinergic agents	Green Hyoscine butylbromide
Nausea and/or vomiting	Antiemetics	Salmon Metoclopramide Haloperidol
Confusion Restlessness/agitation	Antipsychotics	Salmon Haloperidol

*** The flush syringe containing sodium chloride 0.9% is colour coded white**

- This information is adapted from: Australian Commission on Safety and Quality in Health Care. *National Standard for User-applied Labelling of Injectable Medicines, Fluids and Lines*. 2015.
- Many medicines used in palliative care are prescribed 'off-label'. *Off-label prescribing* refers to the use of registered medicine outside of the indications, dose, route of administration or patient group as set out in the Therapeutic Guidelines of Australia-approved product information for each medicine.
- For more information on these medicines download the app – palliMEDS



One-on-one training checklist

1. Recognising and rating breakthrough symptoms
2. Knowing what subcutaneous medicines to give
3. Writing a label, opening an ampoule and drawing up medicine
4. Giving medicine using a subcutaneous cannula
5. Checking the subcutaneous cannula
6. Recording in the medicines diary
7. Making sure there are enough medicines in the house
8. Safely storing and disposing of subcutaneous medicines
9. Seeking further advice

Symptom	Colour-coded medicine examples	
Pain	Opioids	Blue Morphine Fentanyl HYDRomorphone
Shortness of breath	Opioids	Blue Morphine Fentanyl HYDRomorphone
Restlessness/agitation Anxiety	Benzodiazepines	Orange Midazolam CLONazepam
Noisy 'rattly' breathing	Anticholinergic agents	Green Hyoscine butylbromide
Nausea and/or vomiting	Antiemetics	Salmon Metoclopramide Haloperidol
Confusion Restlessness/agitation	Antipsychotics	Salmon Haloperidol

*** The flush syringe containing sodium chloride 0.9% is colour coded white**

- This information is adapted from: Australian Commission on Safety and Quality in Health Care. *National Standard for User-applied Labelling of Injectable Medicines, Fluids and Lines*. 2015.
- Many medicines used in palliative care are prescribed 'off-label'. *Off-label prescribing* refers to the use of registered medicine outside of the indications, dose, route of administration or patient group as set out in the Therapeutic Guidelines of Australia-approved product information for each medicine.
- For more information on these medicines download the app – palliMEDS



One-on-one training checklist

1. Recognising and rating breakthrough symptoms
2. Knowing what subcutaneous medicines to give
3. Writing a label, opening an ampoule and drawing up medicine
4. Giving medicine using a subcutaneous cannula
5. Checking the subcutaneous cannula
6. Recording in the medicines diary
7. Making sure there are enough medicines in the house
8. Safely storing and disposing of subcutaneous medicines
9. Seeking further advice