Royal Manchester Children’s Hospital

Rectal Paraldehyde – Rescue Medication
Advice For Parents/Carers and Discharge Care Plan
Prolonged seizures (lasting for longer than 30 minutes) may occasionally be damaging to a child. To prevent this happening, rescue medication is prescribed for use at home or in school, where appropriate.

Your child has been prescribed Rectal Paraldehyde as rescue medication for seizures which:

- Last longer than 5 minutes with no signs of stopping or
- Shorter seizures which occur in clusters over a longer period where rescue medication is used to break the ‘cycle’ of seizures.

**When should I give Rectal Paraldehyde?**

You will be given instructions to follow which are specific for your child but as a general rule, rescue medication should be given for seizures that last longer than 5 minutes with no signs of stopping or for ‘clusters’ of seizures over a longer period of time.

Rectal Paraldehyde is for use as a first aid measure only and it is advisable that you allow at least 6 – 8 hours between each dose.

**How do I know if the seizure has stopped?**

After a seizure your child will normally become sleepy and relaxed and may be able to respond to you but might appear a bit dazed or confused. If your child is still stiff, rigid or twitching even though the bigger movements have stopped, then the seizure may still be continuing.

**How do I know if I am giving the correct dose of Rectal Paraldehyde?**

The Rectal Paraldehyde will come in a bottle with the dose clearly written on the label. You should always check the instructions on the label.
What equipment will I need?
You will need the following equipment:

- Bottle of pre-prepared Rectal Paraldehyde and olive oil in equal parts.
- Disposable gloves.
- Syringe.
- Kwill (a small plastic tube, similar to a catheter).
- Lubricating Gel.

How do I give the Rectal Paraldehyde?

- Put on gloves.
- Put together syringe and kwill, ensuring a snug fit.
- Draw up the Rectal Paraldehyde solution.
- Dip the end of the kwill into the lubricating gel.

The preparation should be given immediately after drawing up as liquid can cause some degeneration of the syringe/kwill.

- Place your child into suitable position, for example, on their side or a small child could lie across your knee.
- Insert the kwill into their bottom (rectum). You will be advised how far this should be inserted.
- Whilst inserted, push the plunger of the syringe gently to empty the fluid into your child’s bottom (rectum).
- Slowly remove the kwill/syringe and squeeze your child’s buttocks together for approximately five minutes.
- Remove the gloves and wash your hands.
- Dispose of the kwill/gloves (these can be disposed off in normal household waste).
If your child opens their bowel after you have given the Rectal Paraldehyde, do not repeat the dose straight away, as it will be difficult to know how much has already been absorbed. Please refer to the instructions which will indicate whether you can give your child a second dose.

If the seizure continues, call an ambulance and explain what has happened or seek medical advice (please see the section headed ‘Contact details’).

**Does the Rectal Paraldehyde work right away?**

It can take 5 – 10 minutes for the medicine to be absorbed into the bloodstream.

**Do I need to call an ambulance?**

It is advisable to call an ambulance as well as giving the Rectal Paraldehyde if:

- Your child appears to be having difficulty breathing.
- You are using Rectal Paraldehyde for the first time.
- The seizure has not stopped 10 minutes after using Rectal Paraldehyde.
- You think your child has injured themself during their seizure.

**Can I give a second dose of Rectal Paraldehyde if the first dose doesn’t appear to have been effective?**

Your child’s protocol may allow you to give a second dose of Rectal Paraldehyde within a specific time span. However, if your child has received more than two doses of Paraldehyde you should call an ambulance so that your child can be seen in hospital or seek medical advice (please see the section headed ‘Contact details’).
Are there any side effects?

- Rectal Paraldehyde may cause some drowsiness.
- It can slow down breathing if your child has breathing problems or chest infection, if this happens you should call an ambulance as well as giving the Rectal Paraldehyde.

Where do I store the Rectal Paraldehyde?

- Rectal Paraldehyde should be stored at room temperature, out of reach of children.
- Always check the expiry date before use.
- Rectal Paraldehyde is a single dose only and you will need a new bottle for each dose.

You should return any remaining medication to the pharmacy who dispensed it.

Contact details

For further information you can contact your Epilepsy Specialist Nurse:

Pat Manley,
EEG Department,
Royal Manchester Children’s Hospital

Telephone: 0161 701 7754
Monday to Friday
8.00 am – 4.00 pm

Outside these hours if you have any concerns you should contact either your GP or your local Accident and Emergency Department.
Care plan for the administration of Rectal Paraldehyde

Hospital Number: _____________________ Consultant: _____________________

Name: ________________________________________________________________

Date of Birth: _____________________ Age: _____________________

Address: ______________________________________________________________

Seizure classification and/or description of seizure activity which may require Rectal Paraldehyde.

Generalised tonic/clonic seizure lasting longer than 5 minutes or for clustering of minor seizures that are causing discomfort lasting longer than 10 minutes.

Usual duration of seizure:

Other useful information:

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

Regular Accident and Emergency Department:

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

Copy to: Parents
Medical Records
GP
Specialist Nurse
Rectal Paraldehyde treatment plan

Name: __________________________________________

Weight: ________________________________________

Dose: __________________________________________

To follow procedure as outline in the ‘Question and Answer’ section of booklet.

This care plan has been agreed by the following:

Pat Manley, Paediatric Epilepsy Nurse Specialist

Signed ___________________   Date ____________

Consultant Paediatric Neurologist ___________________

Signed ___________________   Date ____________
No Smoking Policy

The NHS has a responsibility for the nation’s health.

Protect yourself, patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted within any of our hospital buildings or grounds.

The Manchester Stop Smoking Service can be contacted on Tel: (0161) 205 5998 (www.stopsmokingmanchester.co.uk).

Translation and Interpretation Service

Do you have difficulty speaking or understanding English?

আপনি কি ইংরেজিতে বুঝতে কিংবা বুঝাতে পেরেছেন? (BENGALI)
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तमे आपका कस्ट्र वातशील कराया मुश्किल आये छ? (GUJARATI)
वि डायरटे अंग्रेजी चेयरट न्याम समझूट हिंध लिंध है? (PUNJABI)
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你有困难講英語或明白英語嗎？ (CANTONESE)
کیا آپ کو امریکی ایکسپریس سوچ سے مشکل ہے؟ (URDU)

0161 276 6202/6342

Paediatric Epilepsy Nurse Specialist
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Tel: 0161 701 7754
Monday – Friday
8.00 am – 4.00 pm

www.cmft.nhs.uk

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