Royal Manchester Children’s Hospital

Rectal Diazepam Rescue Medication
Advice for Parents and 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 Diazepam 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 Diazepam?**

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 Diazepam 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 Diazepam?**

The Rectal Diazepam will come in a small tube with the dose clearly marked on it and the correct amount to give will be clearly written in your child's protocol.
How do I give the Rectal Diazepam?

- Take the tube out of the foil wrapping and remove safety cap.
- Place your child in a suitable position, for example on their side or a small child could lie across your knee.
- Insert the nozzle of the tube into their bottom (rectum) up to the first mark if you child is under 3 years or up to the end of the tube if the child is older.
- Whilst inserted, squeeze contents of tube and keep squeezing whilst you withdraw the tube.
- Hold you child's buttocks together for approximately five minutes.
- If your child opens their bowel after you have given the Diazepam, do not repeat the dose straight away, as it will be difficult to know how much has already been absorbed.
- 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 Diazepam work immediately?
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 Diazepam if:

- Your child appears to be having difficulty breathing.
- This is the first time you're using Rectal Diazepam.
- The seizure has not stopped 10 minutes after using Rectal Diazepam.
- If you think your child has injured themself during their seizure.
Can I give a second dose of Rectal Diazepam 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 Diazepam within a specific time span. You should not do this unless this has been significantly discussed with you by your child's Consultant. However, if your child has received more than two doses of Diazepam you should call an ambulance so that your child can be seen in hospital or alternatively seek medical advice (please see the section headed 'Contact details').

Are there any side effects?

- Rectal Diazepam may cause some drowsiness.
- It can slow down breathing. If your child has breathing problems, a chest infection, or they become dusky after giving the medication you should call an ambulance as well as giving the Rectal Diazepam.

Where do I store the Rectal Diazepam?

Rectal Diazepam should be stored at room temperature, out of reach of children. Always check the expiry date before use.

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 either contact either your GP or your local Accident and Emergency Department.
Care Plan for the Administration of Rectal Diazepam

Name: ____________________________________________

Date of Birth: ___________________________ Age: _____________________

Address: ___________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

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

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, General Practitioner, Specialist Nurse
Rectal Diazepam Treatment Plan

Name: 
Weight: 
Dose: 

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

This care plan has been agreed by the following:

Parents 
Signed ________________ Date

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?

آپ کی اینگریش میں مغشوش ہیں؟ (BENGALI)
क्या आपको अंग्रेजी बोलने या समझने में कठिनाई है? (HINDI)
तமे भाषा कारणे पात्रीत करणामध्ये मुस्कुदली आवे आहे? (GUJARATI)
वि डार्बाण्ड अंग्रेजी बेखमत नां महात्म रिजाबिल्ड है? (PUNJABI)
Miyey ku adagtahay inaad ku hadasho Ingrisida aad sahamto (SOMALI)
 هل لديك مشاكل في فهم أو التكلم باللغة الإنجليزية؟ (ARABIC)

你有困難講英語或明白英語嗎？ (CANTONESE)

کیا آپوں انگریزی میں سخن ساز یا مطلب کسی تیز میں نہیں؟ (URDU)

0161 276 6202/6342

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www.cmft.nhs.uk

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