

Diazepam rectal gel (Diastat)



Patient and Family Education

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

What is diazepam rectal gel?

Diazepam rectal gel is an emergency medicine used to stop seizures. It is given into the rectum. The rectum is the opening in the body where stool (bowel movement) is passed.

Why is diazepam used?

Diazepam:

- Is a fast way to give medicine to a child who cannot swallow.
- Works faster than oral medicines (those that must be swallowed).

When should diazepam be used?

Use the medicine only as directed by your child's doctor. Some treatment guidelines include:

- It may be used when someone is having an active seizure, lasting 5 minutes or longer.
- It may be used when someone has 3 or more seizures in 1 hour.
- It should NOT be used as a maintenance medicine to prevent seizures.

What dose of diazepam rectal gel does my child need?

- Your child's doctor will prescribe the dose that is right for him. Follow your doctor's directions carefully.
- Your child's dose is based on his age and weight.
- Sometimes 1 dose of diazepam is not enough. Your child's doctor may prescribe more than 1 dose.

How do I prepare and give the dose of diazepam rectal gel?

Your child's doctor, nurse or pharmacist can teach you how to give the medicine to your child.

1. Gather your supplies. You will need:
 - Diazepam rectal gel prefilled syringe
 - Lubricating jelly packet
2. Remove the cap from the syringe. Lubricate the rectal tip with lubricating jelly.
3. Place your child somewhere he cannot fall, and turn him on his side facing you.
4. Bend his upper leg forward to expose rectum.
5. Separate buttocks to expose the rectum.
6. Gently insert the lubricated syringe tip into the rectum. Note: the rim of the syringe should be snug against rectal opening.
7. Slowly count to 3 while gently pushing in the plunger until it stops.
8. Slowly count to 3 before removing syringe from rectum.
9. Slowly count to 3 while holding buttocks together to prevent the medicine from leaking.
10. Keep your child on his side, facing you. Take note of the time you gave the medicine, and keep watching your child.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Diazepam rectal gel (Diastat), continued

If your child's seizure continues, your doctor may tell you to give a second dose of diazepam about 10 minutes after the first dose. **Only do this if your child's doctor tells you to do so.**

See page 3 for step-by-step pictures of how to give diazepam rectal gel.

What are some possible side effects?

Your child may have one or more of these:

- Feel sleepy
- Feel dizzy
- Headache
- Diarrhea (loose or liquid stool)
- Feel shaky
- Feel unsteady, tremble or have other problems with muscle control or coordination

Call 911 right away if:

- Your child has any breathing problems that need taken care of **right away**.
- Your child has chest retractions (skin pulling in around the ribs and chest when breathing).
- Your child has a blue or dark purple color to the nail beds, lips or gums.
- You have to give a second dose of diazepam.

Call your child's doctor if:

- You have any questions or concerns about how your child looks or feels.

Where do I get the medicine?

Your child's doctor will give you a prescription for diazepam. Talk to your nurse or doctor about what drugstores carry this medicine.

How do I care for the diazepam?

Once you pick up the medicine from the drugstore:

- Remove the syringe from the case.
- Make sure you can see the dose and that it is the correct dose prescribed by your child's doctor.
- Make sure you can see the green "READY" band.
- Return the syringe to the case.
- Store the medicine in a place that stays 59°F to 86°F.

What general safety tips should I know about giving a medicine?

- Always read the label before you give the medicine to your child.
- Keep all medicines in their labeled container where your child cannot get to them. If possible, store all medicines in a locked cupboard. Return all medicines to the pharmacy to dispose of after their expiration date on the container.
- Tell your child's doctor, dentist or the emergency room about any medicines your child is taking. Take the medicines with you.
- Call the Georgia Poison Control Center at 800-282-5846 or call 911 at once if your child takes too much medicine or has a bad reaction to his medicine.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Diazepam rectal gel (Diastat), continued

How to give diazepam rectal gel

1



Gather your supplies:

- Diazepam rectal gel prefilled syringe
- Lubricating jelly packet

2



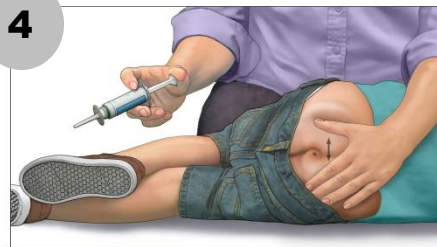
- Remove the cap from the syringe.
- Lubricate the rectal tip with lubricating jelly.

3



- Place your child somewhere he cannot fall.
- Turn him on his side facing you.
- Bend his upper leg forward to expose rectum.

4



Separate buttocks to expose the rectum.

5



Gently insert the lubricated syringe tip into the rectum.

6



- **The rim of the syringe should be snug against rectal opening.**
- Slowly count to 3, gently pushing the plunger until it stops.
- Slowly count to 3 before removing the syringe from the rectum.

7



Slowly count to 3 while holding buttocks together to prevent the medicine from leaking.

8



- Keep your child on his side, facing you.
- Take note of the time you gave the medicine, and keep watching your child.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.