

Diazepam nasal spray (Valtoco)



What is diazepam nasal spray?

Diazepam nasal spray is an emergency medicine (also called a rescue medicine) used to stop seizures. It is given in the nose (nasal) only. The brand name is Valtoco.

When should it be used?

Do not use diazepam nasal spray as a maintenance medicine to help prevent seizures.

Use it only as advised by your child's doctor. Your child may need it for:

- Seizures lasting 5 minutes or longer.
- Seizure clusters. This is when someone has 3 or more seizures in 1 hour.

Where can I find it?

- Your child's doctor will give you a prescription to fill at your local pharmacy.
- Your insurance may:
 - Cover the cost of diazepam nasal spray.
 - Require a copay. The copay amount is based on your insurance.
- Talk with your insurance company if you have questions about what they cover.

What important information should I know?

- Keep all medicines where children and pets cannot get to them
- Make sure diazepam nasal spray does not expire and the package does not get damaged.
- Do not remove the medicine from its package until you are ready to give it.
- The doctor will prescribe the medicine strength in milligrams (mg) that is best for your child. Ask the doctor or pharmacist to circle the dose on page 2 or 3 so you know which instructions to use.

How do I give diazepam nasal spray?

- If your child has a seizure, gently help them to the floor and turn them on their side. Move any objects or furniture that could cause harm.
- There is 1 dose of diazepam nasal spray in each package.
 - Do not squirt (prime) the medicine before giving it to your child. If you do, there will not be any medicine left to give your child.
 - Give all of the medicine in 1 package for the full dose.
- **ONLY** give this medicine in the nose.

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

Diazepam nasal spray (Valtoco), continued

Giving 5 mg and 10 mg doses

1. Remove the medicine from the package right before giving it.



2. Hold the medicine with your:
 - Thumb on the bottom of the plunger.
 - First and middle fingers on either side of the nozzle.
3. Insert the tip of the nozzle into one nostril until the finger holding the medicine is against the bottom of your child's nose.



4. Firmly push the plunger with your thumb. Then remove the nozzle from the nostril.



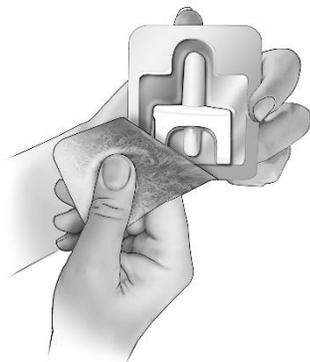
In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Diazepam nasal spray (Valtoco), continued

5. Keep or turn your child on their side. Watch them closely and help them as needed.
6. Throw away the medicine. You gave the full dose.
7. Write down what time you gave the medicine.
8. A second dose may be needed. If so:
 - Wait at least 4 hours to give it.
 - Repeat steps 1 to 7 with a new medicine package.

Giving 15 mg and 20 mg doses

1. Remove one medicine from the package right before giving it. (The package should have 2 diazepam nasal sprays. This is 1 full dose.)



2. Hold the medicine with your:
 - Thumb on the bottom of the plunger.
 - First and middle fingers on either side of the nozzle.
3. Insert the tip of the nozzle into one nostril until the finger holding the medicine is against the bottom of your child's nose.



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

Diazepam nasal spray (Valtoco), continued

4. Firmly push the plunger with your thumb. Then remove from the nozzle from the nostril.



5. You **have not** given the full dose yet. Repeat steps 1 to 4 using the second diazepam nasal spray **in the other nostril**.
6. Keep or turn your child on their side. Watch them closely and help them as needed.
7. Throw away the medicine. You gave the full dose.
8. Write down what time you gave the medicine.
9. A second dose may be needed. If so:
 - Wait at least 4 hours to give it.
 - Repeat steps 1 to 8 with a new medicine package.

What should I expect after giving diazepam nasal spray?

After giving diazepam nasal spray, the seizure or seizure clusters should stop.

If seizures **DO NOT** stop after the first dose:

- Wait to give a second dose for at least 4 hours.
- **Do not** give a second dose if your child has breathing problems, they need help with breathing, or they have extreme sleepiness.

If seizures **DO** stop after the first dose:

- Keep your child on their side and watch them closely.
- Get medical care right away.

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

Diazepam nasal spray (Valtoco), continued

What are some possible side effects?

Your child may have one or more of these:

- Feel sleepy
- Headache
- Nasal discomfort
- Bitter taste in the mouth

Diazepam nasal spray may cause thoughts of suicide in a very small number of people. Call the doctor **right away** if your child has:

- Changes in behavior or mood
- Agitation
- Insomnia (cannot fall asleep or stay asleep)
- Anxiety or irritability that is new or gets worse

Also call the doctor if you have questions or concerns about how your child looks or feels.

Call 911 **right away** if your child has:

- Shallow or slowed breathing, or if breathing stops
- Extreme sleepiness
- A blue or dark purple color to the nails, lips or gums
- Seizure clusters that are different than other seizure clusters your child has had
- Seizures that worry you. You may have concerns about how often the seizures happen, how severe the seizure is, and how long the seizure lasts.

Where can I learn more?

To learn more, you may visit these websites:

- Georgia Epilepsy Foundation – epilepsyga.org
- Epilepsy Foundation Diazepam Nasal Spray – epilepsy.com/medications/diazepam-nasal

Children’s Healthcare of Atlanta has not reviewed all of the sites listed as resources and does not make any representations regarding their content or accuracy. Children’s Healthcare of Atlanta does not recommend or endorse any particular products, services, or the content or use of any third party websites, or make any determination that such products, services, or websites are necessary or appropriate for you or for the use in rendering care to patients. Children’s Healthcare of Atlanta is not responsible for the content of any of the above – referenced sites or any sites linked to these sites. Use of the links provided on this or other sites is at your sole risk.

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.

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